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# PSYCHOLOGIES

MARCH 2015 £3.90

UK EDITION **MAGAZINE**

## Julianne MOORE

*On motherhood,  
ageing and  
breaking  
boundaries*

### THE WHINE DETOX:

Just stop  
moaning,  
start living

*The  
imposter  
syndrome*

Are you  
faking  
it at  
work?

### BEAUTY

### NUDE YOU

Be your  
best self,  
naturally

18-PAGE SPECIAL

*How to*

# *bounce back*

RESILIENCE: CULTIVATE YOUR SECRET SUPERPOWER  
EPIC FAIL? IT'S YOUR KEY TO REAL TRANSFORMATION

+ TEST: THE ADVERSITY CHALLENGE – FACE IT OR FEAR IT?





**NEW**

**JORDAN'S**  
THE TASTIEST OATS, NATURALLY

# LIGHT DONE RIGHT



Serving suggestion.



When we wanted to make a lighter granola recipe we went back to the field, not a lab. We found that adding some barley to our oats helped reduce fat by 30%\*, that's why we've used it in both flavours of our delicious new Lighter Granola. It's the lighter way done right.

Why not pick up a pack and try it for yourself?

\*30% less fat on average than other regular granolas

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Corbis Outline

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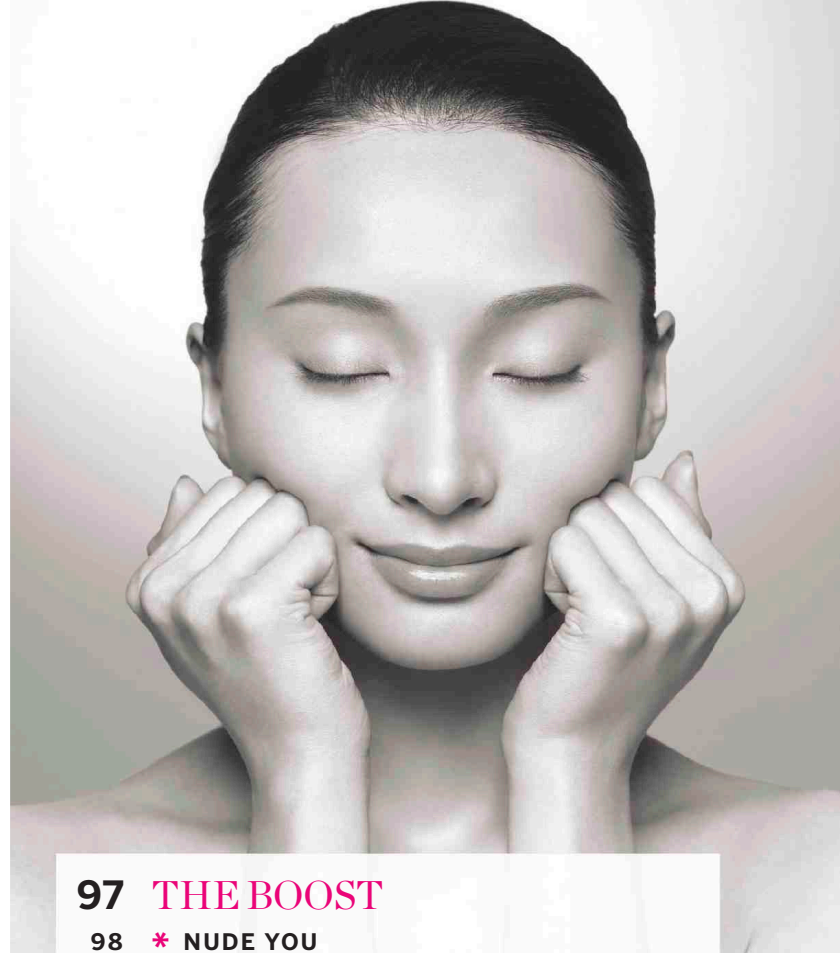
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Kelsey Media, Cudham Tithe Barn,  
Berry's Hill, Cudham, Kent TN16 3AG  
(01959 541444, email letters@psychologies.co.uk)

## OUR TEAM

**Editor** Suzy Greaves  
**Deputy Editor** Lauren Hadden  
**Art Director** Vanessa Grzywacz  
**Acting Art Editor** Lynne Lanning  
**Associate Editor** Anita Chaudhuri  
**Contributing Editor, Features** Elizabeth Heathcote  
**Entertainment Editor At Large** Lorien Haynes  
**Dossier and The Fix Editor** Ali Roff  
**Beauty and Wellbeing Director** Eminé Ali Rushton  
**Beauty and Wellbeing Editor** Amerley Ollennu  
**Contributing Beauty and Wellbeing Assistant** Perdita Nouril  
**Picture Editor** Laura Doherty  
**Chief Sub/Production Editor** Danielle Woodward  
**Sub Editor** Anne-Claire Heels  
**Designers** Ali Christie, Gemma Doyle

## ADVERTISING & PRODUCTION

**Commercial Manager** Emma Doran (01959 543706)  
emma.doran@kelsey.co.uk  
**Advertising Sales** Anne Fleming (01959 543716)  
anne.fleming@kelsey.co.uk  
**Group Sales Director** Sally Barton sally.barton@kelsey.co.uk  
**Production Supervisor** Sian Curphey (01733 353363)  
sian.curphey@kelsey.co.uk  
**Production Manager** Karen Wayman

## MANAGEMENT

**Managing Director** Phil Weeden  
**Chief Executive** Steve Wright  
**Chairman** Steve Annetts  
**Finance Director** Joyce Parker-Sarioglu  
**Creative Directors** Vicky Ophield and Emma Dublin  
**Retail Distribution Manager** Eleanor Brown  
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**Events Manager** Kat Chappell  
**Events Marketing Manager** Sarah Jackson

## KELSEY SHOP

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UK new subscriptions renewals: 0845 450 1019  
UK customer services: 0845 872 7388  
UK postal address: Freepost RSXY-XXGK-EUYS, Kelsey Media,  
Market Harborough LE16 9EF  
Overseas order hotline: +44 (0) 1858 438856  
Overseas customer services: +44 (0) 1858 438857  
Overseas postal address: Kelsey Media, Unit 4, Tower House,  
Sovereign Park, Market Harborough LE16 9EF, UK  
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020 7429 4000; seymour.co.uk

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# Contributors

Meet three of the people who have taken part in the creation of this issue of *Psychologies*



## Eithne Farry

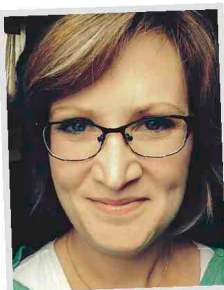
Writer and editor

Eithne is our go-to woman for book recommendations and she is an author in her own right, of craft books *Yeah, I Made It Myself* and the tie-in to Channel 4's *Super Scrimpers*. When she's not reading, she's making most of her own clothes and dancing with The Actionettes, a Sixties-style, all-girl dance troupe. See her pick of this month's books in The Fix, from page 12.

## Emma Lewis

Photographer

An interiors and lifestyle photographer, Emma is inspired by natural light and colours. 'Shooting my sister Molly Mahon's home was a real joy as she has created such a colourful and welcoming home. It was also a particularly fun shoot as, being sisters, we knew exactly what each other wanted from the pictures and managed to get the shot easily each time.' See the result of the sisters' creative collaboration on page 56.



## Heidi Scrimgeour

Journalist

Originally from London, Heidi lives near the Giant's Causeway in Northern Ireland, with her husband and three children. She writes for a wide range of newspapers and magazines and, on page 48, tackles a much-discussed issue – our fascination with our partners' exes. A founding member of Northern Ireland's first co-operative brewery, Heidi loves beer and feels forced to love running, too – she says the best beaches are hidden along Ireland's Causeway Coast.

## GLOBAL EDITIONS

Groupe Psychologies, 149 rue Anatole-France, 92534 Levallois-Perret, France. Tel +33 1 41 34 60 00

**President & CEO, Editorial Director:** Arnaud de Saint Simon **International Editor-in-Chief:** Philippe Romon (philippe@psychologies.com)

**PSYCHOLOGIES FRANCE**  
**Editor-in-Chief:** Laurence Folléa

**PSYCHOLOGIES GERMANY**  
Madame Verlag, Leonrodstraße  
52, 80636 Munich. Tel.: +49 89 6974  
9276. **Editor:** Robert Sandmann  
**Editor-in-Chief:** Jenny Levie

**PSYCHOLOGIES ROMANIA**  
Ringier Magazines, 6 Dimitri  
Pompeiu Street, Bucharest. Tel.: +40 212  
03 08 00. **Managing Director:** Mihnea  
Vasilu (mihnea.vasilu@ringier.ro)  
**Editor-in-Chief:** Iuliana Alexa (iuliana.  
alexa@ringier.ro) **Advertising Manager:**  
Monica Pop (monica.pop@ringier.ro)

**PSYCHOLOGIES BELGIUM**  
Edition Ventures, Chaussée de  
Louvain 431D, 1830 Lasne. Tel.: +32 2 379  
29 90 **Editorial Director:** Marie-Christine  
De Wasseige (mc.dewasseige@ventures.  
be) **Chief editor (French):** Christiane Thiry  
(christiane.thiry@ventures.be)  
**Chief editor (Flemish):** Barbara Van den  
Abeele (b.vandenabeele@ventures.be)  
**Advertising Manager:** Manon Sepulchre  
(manon.sepulchre@ventures.be)

**PSYCHOLOGIES RUSSIA**  
Hearst Shkulev Media,  
Psychologies Russia, 31 b Shabolovskaya  
Street, Moscow 115162.  
Tel: +7 495 981 39 10 **President:** Viktor  
Shkulev (vshkulev@hsmedia.ru)

**Editor-in-Chief:** Xenia Kiseleva  
(xkiseleva@hsmedia.ru) **Publisher  
and Advertising Manager:** Anna  
Klopova (aklopova@hsmedia.ru)

**PSYCHOLOGIES CHINA**  
Beijing Hearst Advertising,  
Capital Land Tower, Jia 6 #1601,  
Jian Guo Men Wai av, Chaoyang  
district, Beijing 100 022.  
Tel.: +86 10 85 67 66 88.  
**Chairman:** Victor Visot  
**Editor-in-Chief:** Vanessa Hu  
(vanessa.hu@hearst.com.cn)  
**Commercial Director:** Alice Ch'ng  
(alice.chng@hearst.com.cn)  
**Advertising Manager:** Elaine Tai  
(elaine.tai@hearst.com.cn)



# Our inner voice

Life can be really tough. We have been supporting our French colleagues over the past weeks, who work for our *Psychologies* mothership in Paris. Everyone has been traumatised by the recent acts of terror. There is so much in life we cannot control. I learnt that lesson when I was a teenager and I lost my parents to cancer. But that experience taught me the one thing we *can* control is how we choose to react to life's challenges. And that reaction can make all the difference between a miserable life and a happy one.

That's why I love this month's 18-page Dossier (page 78), *The Art of Bouncing Back* – whether from loss, divorce, or disaster. We learn the secrets of experts and real people on how to rise from the ashes of your life, and not only survive but thrive again. Oprah Winfrey is a brilliant example of this. She survived an abusive childhood to become one of the most influential women in the world. One of my highlights of last year was speaking to her about her new film *Selma* (page 52). Her advice – to listen to the inner, wiser voice within – has already had a huge impact on my life.

Sometimes it's hard to hear that voice – especially after trauma or a major life event – and you may want to seek help. If so, read Louise Chunn's feature on therapy on page 72, and learn about how to find the therapist that's right for you. Or maybe you've noticed your inner voice is just getting a bit whingey? I laughed out loud when I read about Nell Jones's two-week complaining detox on page 38.

This month, we're focused on our inner world – from nourishing from within with nutraceuticals (page 108), to discovering your true self with writing coach Jackee Holder (page 16). As Oprah says: 'You will never fail when you are listening to your true self... the voice of wisdom and truth.'

Here's to finding wisdom and truth this month.

Suzy



**Suzy Greaves**  
Editor, with Oscar  
the office dog

# Viewpoint

Let us know what you think of the magazine and each month we'll publish the best letters



## STAR LETTER

### A WELCOME DISCOVERY

How pleased I am to have found you, *Psychologies*! I'm a single mum with little spare cash so a magazine, especially for myself, is a real luxury, and *Psychologies* is the first magazine I have read every single page of – what fantastic value for money! All the articles were interesting, inspiring, comforting and reassuring, and I will keep it for future reference. The article 'Language of Love' (December) was so useful; it helped me purchase the perfect present for my six-year-old daughter. Must dash – I have the next issue to enjoy! **Marie**

## ARE YOU AN ASPIRING PHOTOGRAPHER?

Would you like to showcase your talents in the magazine and online? Each month, we're asking you to submit your best photo on a particular theme. We'll print the winning one in the next issue of *Psychologies* and on [psychologies.co.uk](http://psychologies.co.uk) the following month and the winner gets a bag of goodies! The key word we're exploring next is 'WILD'. Please send your photo attached in an email to [pictures@psychologies.co.uk](mailto:pictures@psychologies.co.uk) by midnight on 28 February.

# Win!

**THIS MONTH'S STAR LETTER AND PHOTO COMPETITION PRIZE:**

Codage Paris  
Tryptique  
Seasonal skincare set, worth £89.  
See [selfridges.com](http://selfridges.com)



## PHOTO COMPETITION WINNER

### THEME: PEOPLE

People running crazily, like ants. Everyone in search of their own light to follow... I always feel both bewitched and powerless when I look at the people in this photograph, which I took in London on a spring night. **Enrica Dovier**

\*FOR FULL T&CS, SEE [PSYCHOLOGIES.CO.UK](http://PSYCHOLOGIES.CO.UK). \*\*CODAGE PARIS TRYPTIQUE SEASONAL SKINCARE SET INCLUDES SERUMS FOR HYDRATED, RADIANT AND FIRMER-LOOKING SKIN

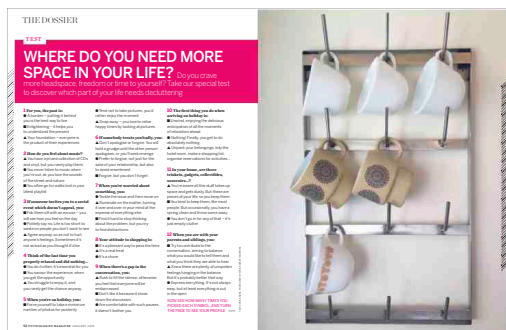
EMAIL [LETTERS@PSYCHOLOGIES.CO.UK](mailto:LETTERS@PSYCHOLOGIES.CO.UK). THE THEME FOR THE NEXT PHOTO COMPETITION\* IS 'WILD'. DEADLINE: 28 FEBRUARY





## ABSORBING READ

Finally, after hunting high and low on my last visit to the UK, I found your January issue. After my daughter moved to London from Cyprus last year, I experienced a terrible loss and sadness, but your January issue was so timely. 'Feed your winter mind' is helping me adjust to my situation; 'Brand you' inspired me to find my USP and turn my negatives into positives; and 'Dare to share' has motivated me to join different groups. *Psychologies* keeps me absorbed for hours and I'm still only on page 47! **Teresa**



## OBJECTION!

I have always found *Psychologies* engaging and thought-provoking. However, I was disappointed with your January edition's irony in 'Where do you need more space in your life?' The message, about happiness not coming from possessions, conflicted with the products the magazine was promoting. How can I be less materialistic if I need a dehydrator and a food blender? **Alison**  
Editor, Suzy Greaves says: *We respect our readers and know they are discerning and will make up their own minds about what they need and want – be it more space or a food blender!*

# I'd like to thank...

## THIS MONTH'S WINNING LETTER

*My darling*

I don't know where to start; there are so many things about you for which I will be eternally grateful. You understand me so well, and have faith in me when I struggle to believe in myself. Perhaps without even realising it, you are the one who is healing me and fixing all my broken pieces one by one.

I was left reeling by the recent breakdown in my relationship with my mother, and my subsequent discovery that she has Narcissistic Personality Disorder. I'd spent years wrestling with feelings of guilt and inadequacy, feeling helplessly trapped inside our destructive relationship. The fear of judgment by others and of the wrath of my mother, have kept me in my proverbial place all my life. But you, my darling, have finally given me the wings I needed to fly.

Without judgment, you have listened to me talk for hours. You have wiped my tears, soothed my fears, and helped me to understand what was so very wrong with my relationship with the woman who brought me into the world. My self-esteem was in tatters, but your words of encouragement have helped to restore the love I so need to feel for myself. You give me what I have always felt I was missing – unconditional love.

Thanks to you, I now feel that my life is my own. I am comfortable being me, and I feel excited about the wonderful journey ahead of me. Best of all, I am lucky enough to have amazing you to share that journey with.



## THIS MONTH'S LETTER OF GRATITUDE WINS...

A year's digital subscription to *Psychologies*, worth £28.99

IS THERE SOMEONE YOU'D LIKE TO THANK? SHARE YOUR LETTER OF GRATITUDE BY SENDING IT TO [LETTERS@PSYCHOLOGIES.CO.UK](mailto:LETTERS@PSYCHOLOGIES.CO.UK)

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# The Fix

EDITED BY ALI ROFF

News | Reviews | Books | Film | Art | Ideas



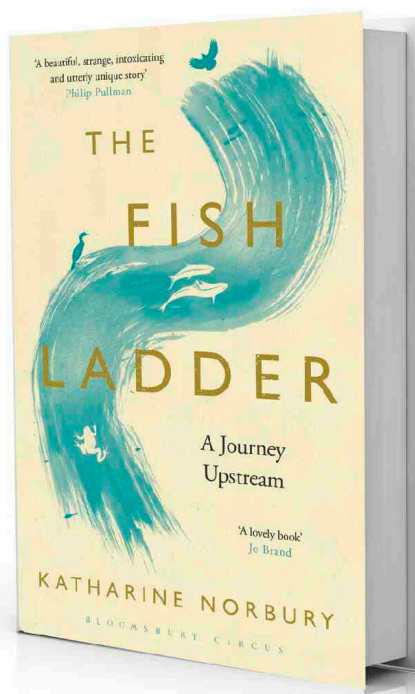
“Fashion should be a form of escapism, and not a form of imprisonment”

ALEXANDER MCQUEEN

The late Lee Alexander McQueen was not only a fashion designer and expertly skilled tailor, but also one of the greatest creative talents of our time. His shows were often part-catwalk, part-live art, creating unique pieces in front of the spectators' eyes. His work will be on show – fittingly – at the V&A museum, where McQueen spent hours seeking inspiration for his designs.

*Savage Beauty, 14 March – 19 July 2015, V&A, [vam.ac.uk/savagebeauty](http://vam.ac.uk/savagebeauty)*

BUTTERFLY HEADRESS OF HAND-PAINTED TURKEY FEATHERS BY PHILIP TREACY FOR ALEXANDER MCQUEEN. FROM S/S 2008. MODEL: ALANA ZIMMER © ANTHEA SIMMS



## BOOK OF THE MONTH

## THE FISH LADDER

by Katharine Norbury  
(Bloomsbury Circus, £16.99)

Script-editor Katharine Norbury always liked to wander by water, thinking about poetry and Celtic mythology. But following a miscarriage in her forties, the idea of a river walk offered consolation as well as inspiration. Taking Neil M. Gunn's *The Well At The World's End* as a starting point, Norbury sets out on her journey.

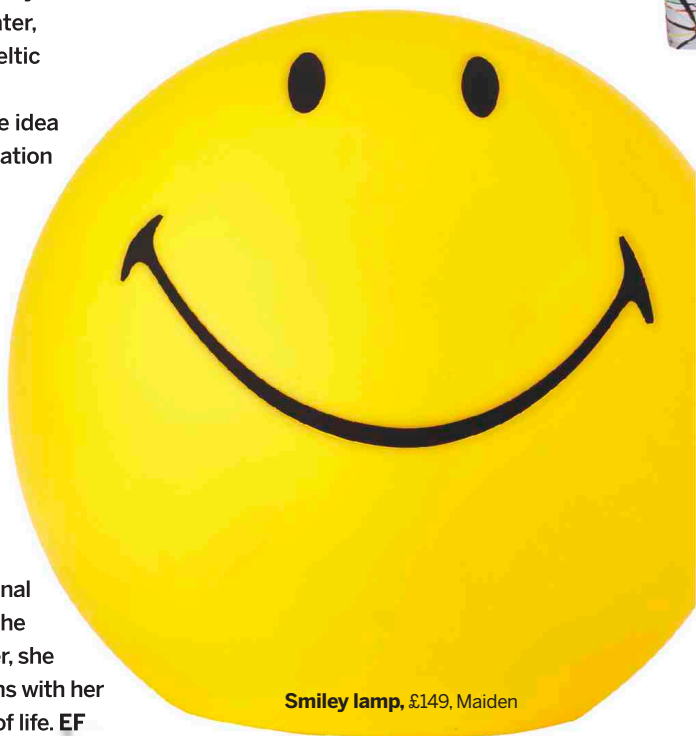
In tender, luminous prose she writes about what she sees, and contemplates her heartache; ill health, mental breakdown and the knowledge that she was abandoned as a baby have wreaked havoc on her emotional equilibrium. But by the time she reaches the source of the river, she has forged deeper connections with her family and reignited her love of life. EF

## AND... BREATHE

Whether it's yoga, swimming, sessions at the gym or running, have you ever wondered where the weight disappears to when you get in shape? According to a new study,\* it turns out that our body fat isn't converted to heat or energy as we are commonly told, but breathed out as carbon dioxide.



Top, £149; leggings, £280, both Lucas Hugh



Smiley lamp, £149, Maiden

50%  
HOW MUCH  
BRITONS ARE  
MORE LIKELY  
TO SMILE AT  
EACH OTHER  
WHEN LIVING  
NEAR SMALL,  
INDEPENDENT  
SHOPS\*\*

UP AGAINST IT? WE MIGHT THINK WE PERFORM BETTER UNDER PRESSURE, BUT A NEW STUDY† SHOWS THAT EXPERIENCING ACUTE STRESS



# 19

THE AMOUNT  
OF UNPAID  
DAYS BRITS  
WORK ON  
AVERAGE  
EACH YEAR BY  
NOT TAKING  
THEIR FULL  
LUNCH-  
BREAK<sup>††</sup>

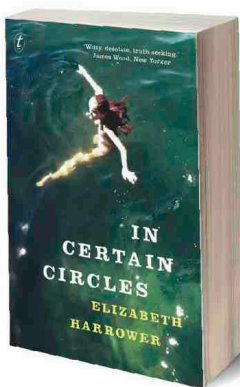
## CULTURE

### IN VOGUE

Grab yourself a piece of fashion photography history with a limited edition print from the *Vogue* collection. Lumas Gallery is releasing more than 30 works by the most celebrated fashion photographers from Horst P. Horst to Richard Rutledge and Sante Forlano (left).



## BOOKS TO SOOTHE THE SOUL



**WE LOVE:** *In Certain Circles* by Elizabeth Harrower (Text Publishing, £12.99)

OUR FRIENDS AT RADIO 4 TELL US WHY THIS NOVEL WILL DRAW YOU IN:

'Written in 1971, but intriguingly published for the first time now, *In Certain Circles* felt to me like a lost masterpiece,' says BBC Radio 4 producer Justine Willett. 'Set in Sydney at the end of the Second World War, it transports us to somewhere exotic and glamorous, yet its themes are universal: love, class and freedom. It's the story of Zoe and Russell Howard, the children of affluent, loving parents, who welcome into their circle two orphans, Stephen and Anna, whose lives have been very different. Harrower's writing is exquisite, as is her portrayal of love – not only the joys of finding love, but what shapes it, its dangers, and the hope that can come from realising when love has run its course. A glorious listen that stands the test of time.'

*'In Certain Circles' by Elizabeth Harrower will be a BBC Radio 4 Book of the Week from 16-20 February. You can catch up on iPlayer for 30 days after broadcast. Abridged by Sally Marmion. See [bbc.co.uk/books](http://bbc.co.uk/books) for more upcoming gems*

CAN NEGATIVELY AFFECT OUR ABILITY TO THINK CRITICALLY, USE REASONING AND MAKE PRACTICAL DAY-TO-DAY DECISIONS

# 80mg

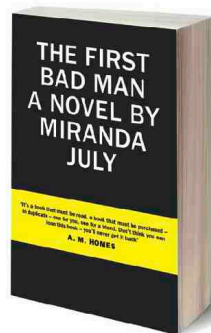
THE AMOUNT OF  
MAGNESIUM ONE PORTION  
(30G) OF ALMONDS  
CONTAINS, HELPING YOU  
FIGHT FATIGUE\*

## FRESH DEBUTS



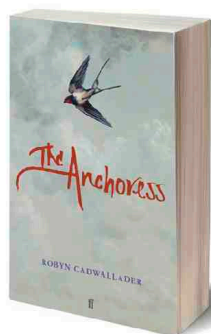
### Nobody Is Ever Missing

by Catherine Lacey (Granta, £12.99)  
This fine, fierce, funny debut places us in the head of dreamy 28-year-old Elyria, who's abandoned New York and her husband to hitchhike around New Zealand. In startling, haunting prose she ponders her marriage, her adopted sister's suicide and her relationship with her mother. Sharp and original.



### The First Bad Man

by Miranda July (Canongate, £12.99)  
July's first novel is audaciously off-kilter. Eccentric heroine Cheryl controls her depression with a ridiculously regimented system. Then 20-year-old Clee arrives with her 'thuggy swagger' and cracks open Cheryl's tightly-controlled world. July tackles self-defence, sexual fantasies and motherhood in unforgettable style.



### The Anchoress

by Robyn Cadwallader (Faber & Faber £14.99) Set in 1255, this powerful debut tells the story of teenage Sarah, who decides to dedicate her life to religion. Having watched her sister die in childbirth, and spurned the advances of a son of the local lord, Sarah wants to carve out a singular life, but the reality of her situation soon tests her mettle. **EF**

Watch,  
£99.99,  
Storm



## WAITING GAMES

We are told to ignore our emotions and not act on irrational impulse when it comes to big purchases; patience is a virtue and good things come to those who wait, as they say. But an important new study\*\* has found that channelling the right feelings can actually help us endure the wait. Specifically, acknowledging the positive feelings of gratitude was found to make us more patient. Other positive emotions, such as happiness however, had no effect...



## JUST THE TWO OF US

Do you think of yourself and your significant other as made for each other, or as two people on the same journey? It turns out that the way we frame love can affect how we evaluate our relationships. Research† reveals it's wiser to think of love as a partnership of two individuals, as we feel more satisfied in our relationships compared to those who think of love as a perfect unity, which actually makes us feel less satisfied when we encounter conflict.

'THE BEST WAY TO FIND YOURSELF IS TO LOSE YOURSELF IN THE SERVICE OF OTHERS' – GANDHI. WE ALL WANT TO FIND HAPPINESS; IT JUST



FILM OF THE MONTH

## SCHOOL OF LIFE LESSONS

“Our preoccupation with resilience acknowledges the combative nature of daily life, for what is resilience if not battle-readiness? But many of us are battle-weary and would prefer a truce, or at least a temporary ceasefire, not another call to arms.” *Vincent Deary*

*Vincent Deary is the author of 'How To Live' (Allen Lane, £16.99). He is speaking at The School of Life on 29 March; for details, see [theschooloflife.com](http://theschooloflife.com). For more on resilience, turn to page 78 for this month's Dossier, 'The Art Of Bouncing Back'*

## X+Y

**Directed by Morgan Matthews**

It's clear from early in his life that Nathan (Asa Butterfield) is on the autistic spectrum. For him, relationships are difficult to navigate, but the bond with his father is special. So when Nathan watches his dad die in a car crash, he loses his role model and the person who understands him most. Years later, Nathan is a teenage maths prodigy on his way to the International Mathematics Olympiad (IMO) competition, representing the UK. Building and maintaining relationships is still foreign and confusing to him, particularly with his lonely, widowed mother (Sally Hawkins). But his trip to Taiwan for the IMO forces him outside his comfort zone and into situations and friendships he does not know how to deal with. Could these new relationships be the trigger for understanding his feelings for the loss of his father, and the key to a closer relationship with his mum?

A spectacularly moving, intelligent and heartfelt insight into the many stories that accompany autism, from family and friendship, to bullying and love. **AR**

BOOK REVIEWS: EITHNE FARRRY; FILM REVIEW: ALI ROFF; \*STUDY BY THE ALMOND BOARD OF CALIFORNIA  
\*\*'CAN GRATITUDE REDUCE COSTLY IMPATIENCE?' NORTHEASTERN UNIVERSITY COLLEGE OF SCIENCE  
MARCH 2014. \*FRAMING LOVE: WHEN IT HURTS TO THINK WE WERE MADE FOR EACH OTHER, SPIKE W. LEE  
& NORBERT SCHWARZ, JOURNAL OF EXPERIMENTAL SOCIAL PSYCHOLOGY, 2014

MIGHT NOT BE WHERE WE THINK TO LOOK FOR IT. JOIN OUR HAPPINESS CLUB (PAGE 44) FOR SOME SURPRISING WAYS TO BE HAPPIER



# PSYCHOLOGIES EVENTS

BOOK  
NOW!

In partnership with NOW Live Events, we are delighted to offer two life-changing workshops. Meet *Psychologies*' editor Suzy Greaves as we host our experts Sarah Rozenhuler, psychologist and author of *Life Changing Conversations* and Jackee Holder, coach and author of *Write Yourself Well*. Join us!



**FAR LEFT:**  
Jana Stefanovska,  
NOW Live Events  
founder, welcomes  
everyone

**CENTRE:**  
One of the  
workshops  
gets under way

**LEFT:**  
*Psychologies*'  
editor Suzy  
Greaves talks  
to participants

## FEBRUARY WORKSHOP

### How to have that big conversation



**DATE:** 17 February 2015  
**VENUE:** Conway Hall, 25 Red Lion  
Square, London WC1 4RL  
**TIME:** 7pm-8.30pm **COST:** £18

Having life-changing conversations and talking about something that matters is a big threshold to cross. Communicating effectively at work and in your personal life strengthens relationships, opens doors to new opportunities and makes you feel better about yourself and others. This fascinating workshop with psychologist Sarah Rozenhuler, author of *Life-Changing Conversations: 7 Strategies For Talking About What Matters Most* (Watkins, £8.99), will give you the know-how to have that significant conversation, whether at work or at home.

#### THIS WORKSHOP WILL HELP YOU LEARN HOW TO:

- Call up your courage and have that conversation.
- Speak your truth without rupturing a relationship.
- Express your feelings without being triggered.
- Communicate more effectively in general, to improve your relationships.



## MARCH WORKSHOP

### Paper therapy: writing to grow and thrive



**DATE:** 11 March 2015  
**VENUE:** Conway Hall, 25 Red Lion  
Square, London WC1 4RL  
**TIME:** 7pm-8.30pm **COST:** £18

In this interactive workshop with inspirational speaker and coach, writer and *Psychologies* Life Lab blogger Jackee Holder, you will learn how writing can help you live a more meaningful life.

#### THIS WORKSHOP WILL HELP YOU LEARN:

- How to get excited about journal writing for wellbeing, career and business growth.
- How to have fun writing and making journal entries regularly that don't feel like a chore.
- How journaling can self-motivate, improve productivity and performance so you stand out from the crowd.
- Techniques to coach yourself on paper including juicy journal prompts, templates for writing letters, poetry and thank-you notes.
- How just by turning up to write (it doesn't need to be perfect), you improve your chances of greater life-satisfaction.

**JOIN US!** BUY TICKETS TO FUTURE EVENTS AT [NOWLIVEEVENTS.ORG/TICKETS](http://NOWLIVEEVENTS.ORG/TICKETS)  
LISTEN TO SUZY GREAVES INTERVIEWING OUR EXPERTS AT [LIFELABS.PSYCHOLOGIES.CO.UK](http://LIFELABS.PSYCHOLOGIES.CO.UK)



## HOW TO...

# Keep going

'The most beautiful view in the world could not stop me from wanting to kill myself.' Award-winning novelist Matt Haig was 24 when he considered throwing himself off a cliff. He has now written a memoir about making the most of our time on earth, in response to his debilitating depression. Here is some of his advice. 'Words... sometimes really can set you free,' he writes.

■ Remember, the key thing about life on earth is change. Cars rust. Paper

yellow. Technology dates. Nights morph into days. Depression lifts.

■ Wherever you are, at any moment, try to find something beautiful: a face, a line from a poem, the clouds. Beauty cleans the mind.

■ Sit down. Lie down. Be still. Do nothing. Listen to your mind. Let it do what it does without judging it. Let it go, like Elsa in *Frozen*.

■ Don't believe in good or bad, winning and losing, victory and defeat,

or up and down. At your lowest and at your highest, whether you are happy or despairing, calm or angry, there is a kernel of you that stays the same. That is the you that matters.

■ Read Emily Dickinson, Graham Greene, Italo Calvino, Maya Angelou. Read anything you want. Just read. Books are possibilities. They are escape routes. They give you options when you have none. Each one can be a home for an uprooted mind.

**READ MORE:** 'REASONS TO STAY ALIVE' BY MATT CRAIG (CANONGATE, £9.99), IS OUT ON 5 MARCH



# Let us take a load off your shoulders...

Whether you're an athlete or gym-goer, busy professional or someone who just wants to feel the benefits of holistic treatment, simply visit the FHT's Complementary Healthcare Therapist Register, which has been accredited by the Professional Standards Authority for Health and Social Care - a mark of quality!

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✉ [info@fht.org.uk](mailto:info@fht.org.uk)





## BOOK CLUB

# Lost in thought

Elizabeth Heathcote goes sleuthing for this month's Book Club, with Emma Healey's award-winning debut *Elizabeth Is Missing*

Maud knows something is wrong. Her friend Elizabeth is the only person she can be herself with these days, but there's no trace of her at home. Where has she gone? When Maud tells her daughter Helen and the carer who visits daily, they tell her to write a note to herself, and not to go out, and especially not to buy any more tinned peaches – the cupboard is already full of them. But Elizabeth is missing and Maud is

determined to find out the truth.

Maud is elderly and has dementia, and this mystery novel, *Elizabeth Is Missing* (Viking, £12.99), written in the first person, is an ambitious attempt to show us the world through her eyes. It turns out that the true mystery lies in Maud's past, in a time of Second World War rationing and bombed-out houses, to which Maud's mind is retreating. Here, Maud is a child still, and loves to visit her older sister Sukey, who is

married and lives a few streets away. Until one day, Sukey disappears...

If the thought of a novel about dementia seems depressing, don't be put off. Healey handles her material with wit and a big heart. Maud is a wilful and determined character, and the long-suffering Helen is as loving as she is irritated. Vulnerable as any dementia sufferer is, the people Maud encounters are patient and kind. By the end I felt enlightened, rather than saddened.



PHOTOGRAPH: PETE SALOUTOS/CORBIS

**NEXT MONTH:** *LATE FRAGMENTS: EVERYTHING I WANT TO TELL YOU (ABOUT THIS MAGNIFICENT LIFE)* BY KATE GROSS (WILLIAM COLLINS, £14.99)





# How the light gets in

“Fantasy is a necessary ingredient in living, it’s a way of looking at life through the wrong end of a telescope”

DR SEUSS

*Psychologies* is delighted to be partnering with HowTheLightGetsIn once again this year. The world’s largest philosophy and music festival will be focusing on the theme of fantasy and reality in May, with a whole host of exhilarating, thought-provoking debates, as well as legendary parties! We’ll be there on 24 May for a debate on desire, and we will be pondering whether we think wealth, love and fame will bring us happiness. Last year, we launched our *Psychologies* Book Club at the festival so this year, we’ll be having a live book club gathering and a big conversation with one of our Book Club authors. We can’t wait.

*HowTheLightGetsIn Festival takes place from 21-31 May 2015 in Hay-on Wye. For more information on the event and to book tickets, see [howthelightgetsin.iai.tv](http://howthelightgetsin.iai.tv)*

PHOTOGRAPH: LOTTIE DAVIES/CORBIS







# MADELEINE

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For more sophisticated and feminine fashion visit [www.madeleine.co.uk](http://www.madeleine.co.uk)

\* Exclusions apply, see website for details



**Maroon stone necklace,** £410, Marni at Farfetch



**Black embroidered maxi dress,** £1,395, Temperley at Avenue32

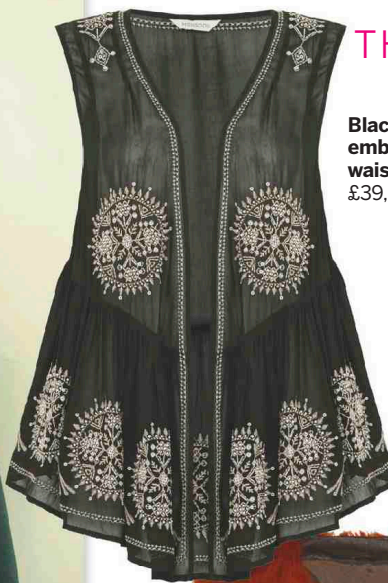


**Jewelled shoes,** £1,336, Sergio Rossi at Shoescape.com



**Buckle green cape,** Saint Laurent. **Blue dress,** Valentino, both at Farfetch

## STYLE



**Black embroidered waistcoat,** £39, Monsoon



**Burnt orange textured jacket,** £495, Ghost



**Jewelled clutch bag,** £582, Stuart Weitzman



**Floral midi skirt,** £55, Miss Selfridge



**Green claw single earring,** £420, Maria Nilsdotter

# Enchanted forests

A girl in a red cloak, crumbs trailed along a rambling pathway, a lost slipper and a pumpkin for a carriage; we all know the fairy tales told to us as children, cosy in our beds, imaginations running wild through enchanted woods brimming with good and evil. These fables have a lot to account for in teaching us many things about life: resilience, triumph in the face of adversity, self-growth, right and wrong. But it seems they can help teach us meaning later in life, too. A recent study\* shows that telling fairy tale narratives, and even making up our own mythical stories, could help increase self-acceptance, boost appreciation for life and our own personal strengths, and also decrease anxiety. If show-not-tell is more your style, the magical fairy tale and fable look will speak the story for you.

'Fairy tales are more than true: not because they tell us that dragons exist, but because they tell us that dragons can be beaten' Neil Gaiman

WORDS: ALI ROFF. COMPILED BY BONNIE RAKHIT. FOR STOCKISTS, SEE PAGE 140. \*RUINI ET AL. 'POSITIVE NARRATIVE GROUP PSYCHOTHERAPY: THE USE OF TRADITIONAL FAIRY TALES TO ENHANCE PSYCHOLOGICAL WELLBEING AND GROWTH', PSYCHOLOGY OF WELLBEING: THEORY, RESEARCH AND PRACTICE, 2014





## THE FILM CLUB

As her new film *Still Alice* is released to wide acclaim, award-winning actress Julianne Moore talks to Chrissy Iley about her Scottish roots, ageing in Hollywood and breaking through the preconceptions of those who might dare to define her

# Julianne MOORE

“It is not possible to feel good about yourself at all times”

PHOTOGRAPHS JAMES WHITE/CORBIS OUTLINE







>>>

**In her latest film**, *Still Alice*, Julianne Moore plays the Alice of the title, a brilliant linguistics professor, leader in her field, who is diagnosed with early-onset Alzheimer's disease. As we watch her go from brilliant to bumbling and the words that were her life's passion become lost to her, we are gripped. There is a scene where she is cognisant of a future where she will not know the names of her children or who she is. She has left instructions for that future, depleted self, telling her where the overdose pills are and that she has to swallow them. I've never willed anyone to die on or off screen, but in this moment, you want her torture to stop. You want her to swallow the pills uninterrupted. When someone comes in and she is foiled, you know the next scenes will be unbearable.

Alzheimer's disease is terrifying, that prospect of a living death. It's particularly terrifying to me as I watched my father, a physicist and brilliant businessman, lose himself day by day to that condition. By the end he had lost all words, except that, rather bizarrely, he was able to say 'Poirot' when the Belgian detective appeared on the TV screen.

We feel most comfortable when we know who we are, when we have a strong sense of ourselves. To lose that is universally chilling. Moore, who deservedly won the Golden Globe for Best Actress for this role, agrees: 'No-one has a level of detachment about it.'

*Still Alice* is based on the bestselling novel of the same name by Lisa Genova, and was adapted and directed by married couple Richard Glatzer and Wash Westmoreland. In 2013, Glatzer was diagnosed with ALS, a degenerative motor neurone disease. He can no longer speak and has lost the use of his hands. He communicates by typing with his toe. So there are excruciating parallels between life and art, making the film all the more powerful.

Moore's research was a four-month process, speaking to various women who had been diagnosed with early-onset and having talks with the head of the Alzheimer's Association in the US. 'I went to Mount Sinai hospital and talked to the leading researchers in the country. Their scientists administer the cognitive tests. I didn't have the full

amount of tests, but they were extensive and challenging.' All of this gruelling research came in a very big year for Moore. She began 2014 with the thriller *Non-Stop* and the impressive, dark David Cronenberg film *Maps To The Stars*, as well as the juggernaut trilogy that is *The Hunger Games*, where she plays President Alma Coin.

Moore is known for her edge and her fearlessness. She has played the angry, the dispossessed, the fragile, the crazy, the blind. She was Annette Bening's lover in *The Kids Are All Right*. She snorted cocaine in *Boogie Nights*. She was a depressed, runaway 1950s housewife who abandons her son in *The Hours*. Her role in Robert Altman's *Short Cuts*, where she raged at her husband while naked below the waist, is often considered her most defining. In *The End Of The Affair*, her sex scene with Ralph Fiennes was so radical, it was cut for American cinemas as it was considered too racy. She played an incestuous mother in *Savage Grace*, the story of Bakelite heiress Barbara Daly Baekeland and her relationship with her son.

Her on-screen presence suggests a spikiness and directness

which isn't there in person. Instead she is demure, sweet, giggly, girly, easily embarrassed. Her alabaster, freckled skin often blushes. We meet in a café for breakfast in New York's Meatpacking District. She is wearing a cluster of pretty rings: one spells the name of her son Cal, 17, and the other her 12-year-old daughter Liv, and another spells something I can't make out. She grimaces. 'That's my wedding band. It's personal.' And her face floods pink.

She is married to writer/director Bart Freundlich. They met working on the movie *The Myth Of Fingerprints*. Was it an instant attraction? 'It wasn't instant. It built up when we were working together and we didn't want it to end. We opted to continue.' She smiles.

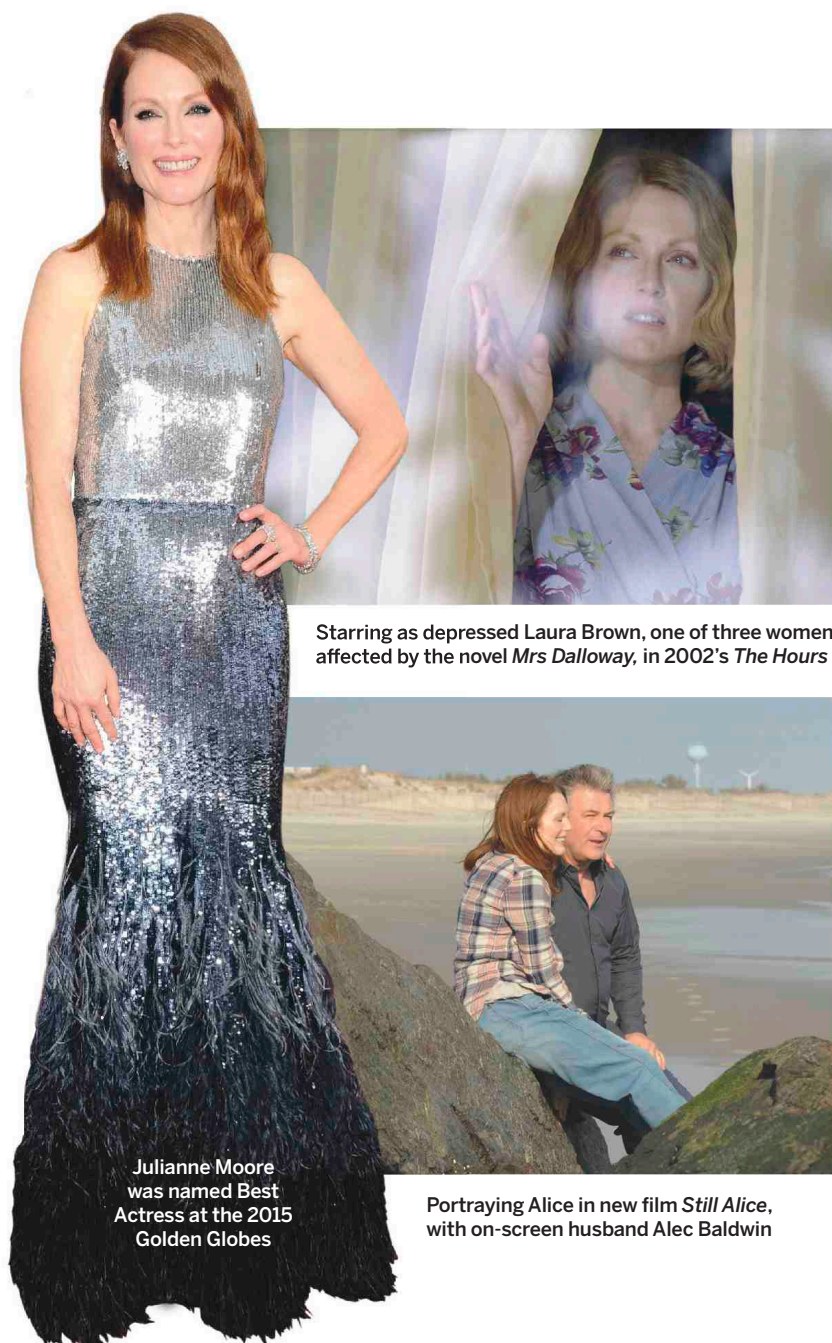
It's her second marriage – the first ended in 1993. She looks uncomfortable and sad at the mention of it. 'We didn't stay in touch. You can't have experience without residue... Are you in touch with exes?' she asks. When I tell her I'm not, she laughs with relief.

She asks as many questions about me as I do about her. She's not the kind of

## THE FILM

### STILL ALICE

*Still Alice* is based on the best-selling novel by Lisa Genova and directed by Richard Glatzer and Wash Westmoreland. Julianne Moore plays Alice Howland, happily married with three grown-up children, a renowned linguistics professor who starts to forget words. When she receives a diagnosis of early-onset Alzheimer's disease, Alice and her family find their bonds thoroughly tested. Her struggle to stay connected to who she once was is frightening, heartbreaking, and inspiring. We see her struggling with losing words – losing her way. She grieves for the loss of herself, and her family also have to reinvent who they are and her relationship with them. Alec Baldwin plays her husband John, while her children – Lydia, Anna, and Tom – are played by Kristen Stewart, Kate Bosworth and Hunter Parrish. Moore's moving performance has earned her universal acclaim.



Starring as depressed Laura Brown, one of three women affected by the novel *Mrs Dalloway*, in 2002's *The Hours*

Julianne Moore was named Best Actress at the 2015 Golden Globes

Portraying Alice in new film *Still Alice*, with on-screen husband Alec Baldwin



In the film adaptation of Graham Greene's *The End Of The Affair* with Ralph Fiennes



Starring as Barbara Baekeland in 2007 with Eddie Redmayne as her son Antony, in *Savage Grace*

PHOTOGRAPHS: SONY PICTURES CLASSICS, REX FEATURES

actress who just wants to talk about herself and her process. She's very unshowy, wearing a loose linen top, jeans and Converse trainers. There's not a hint of any of that anxious falling-apartness that she's so good at in her on-screen portrayals. She puts this down to her Scottish heritage. When she was growing up, her Scottish mother always used to tell her, 'Remember, you're not an American.' She loves all things Scottish and to visit Scotland. When she talks about her mother and grandmother, her eyes well up with tears. When her mother, Anne, died in 2009, Moore claimed British citizenship 'for her memory.' In 2013, she published a children's picture book celebrating diversity called *My Mom Is A Foreigner But Not To Me*. Her red hair is obviously Celtic and she tells me when she was shooting a movie in Dublin, she looked like every other woman in the street and nobody noticed her. And there's the essential contradiction: Moore

loves not to be noticed, yet she's in a profession where she is constantly on show.

Her father was in the US Army. She was born in North Carolina, but the family moved around throughout her childhood, which she doesn't refer to as dislocated or lonely. 'It gave me a great sense of the whole globe.' And you sense that she liked the idea of always having to find a new way to blend in.

She wore glasses until she was 16, then got contact lenses. 'That's the thing about beauty; it's perceptual, not about what you look like,' she muses. 'I had glasses and no-one thought I was terribly attractive. Then suddenly, I wore contacts and everyone thought I was pretty. But I was the same person perceived as pretty.' It seems to still baffle her.

At 54, she has ridden a decade that is notoriously difficult for women in film. She has never stopped working and has never succumbed to any facial topiary. 'I don't know why >>>



“I DON'T KNOW WHY PEOPLE HAVE WORK DONE. YOU'RE NEVER GOING TO LOOK LIKE YOU DID AT 25”

>>> people have work done. It doesn't make them look younger; it just makes them look like they've had work done. You're never going to look like you did at 25. What are you going to do about it?' she shrugs. She points out new lines that seem to have just appeared on her face. She tells me how much she hated her freckles growing up, how she was nicknamed 'Freckle-faced strawberry'.

Her husband is nine years younger than her. In recent films *Don Jon* and *What Maisie Knew*, she played women with younger lovers. Much is always made of it. 'It's about the connection with the person,' she says. 'I have women friends who are significantly younger or older than me. It's not about cultural references; it's about who you are and I've been on both sides of that.' Her first husband was 10 years older than her.

She's never seemed to mind being naked if the character required it. 'I've done plenty of nudity and I always say that if it's part of the story, then that's fine.' Is she comfortable in her own body? 'Oh, I wouldn't go so far as to say that,' she laughs. 'I don't think anybody is comfortable in their own skin. Sometimes you think, "this is who I want to be" and you feel quite good about it, you feel attractive. But it's not possible to feel good about yourself at all times.'

Does she think the overtly sexualised women she plays so well may end at a certain age? 'I try not to see the boundaries in anything. You find a way to be comfortable in the chaos and the challenge. Ultimately what it comes down to is not about age, it's about the physical breaking down. We're all scared of that. It's terrifying. I don't want it to end, nobody does.'

I tell Moore about my father's Alzheimer's and her eyes tear up again. 'You're going to make me cry.' I tell her he was so clever and over-stretched and it was as if all the circuits in his brain blew one after another. I tell her how my mother struggled to keep him at home – he'd escape and walk to the garden of his boyhood home and call for his mother. First, he didn't recognise his dogs, then he thought my cousin was his sister. Then his perfect recall of moments in the past gave way to gibberish and a man who asked again and again: 'Is it Tuesday, do we have to take the bins out?' For respite for my mother, my father was taken into a nursing home where he led the

other inmates to a rebellion because, even in his forgetful state, he managed to work out the security code to release the door. After that, they medicated him heavily and he had a stroke. He never came home.

Watching *Still Alice*, I shudder when they talk about putting Alice in a home. In the end, the youngest daughter – the most rebellious one who argued most with her mother – comes home to care for her, their roles reversed. Moore is emotional as we chat, then lights up when she talks about her own daughter. 'I'm very lucky to have a boy and a girl. I wished all the time for a girl and I got a girl. I can remember lying in the bathtub when I was pregnant and didn't know what I was having, and I thought two boys would be so close and how nice it would be to have brothers. I was trying to get used to that idea. But at the same time, I was wishing and wishing and I always tell Liv: "I wished and wished and wished for you".'

As for balancing work and family, it's really not that difficult. If there is a film that's a long way from home, she schedules it for the summer so the rest of the family comes with her. Other than that, she's never away for more than a week. I can't think of any other actress in their fifties who is on screen so prolifically and with class, and Moore is not slowing down any time soon. In 2015, she stars in indie film *Freeheld* opposite Ellen Page as her same-sex partner; the film is about a New Jersey detective who's prevented from assigning her pension benefits to her girlfriend after she becomes terminally ill. She will also star in *Maggie's Plan*, a romantic comedy, alongside Ethan Hawke, later this year. With *Still Alice* being celebrated worldwide, 2015 looks to be a great year for Julianne Moore.

*'Still Alice' is released in UK and Irish cinemas on 6 March*

## DEMENTIA – WHERE TO GO

There are 850,000 people in the UK with dementia. It mainly affects people over the age of 65 and the likelihood of developing dementia increases significantly with age. However, it can affect younger people, too: there are at least 40,000 people in the UK who developed dementia before they were 65. Dementia can affect men and women. If you're worried, seek advice from your GP. They will listen to your concerns and possibly arrange for further investigation. You may be referred to a local memory clinic or hospital specialist for an assessment. The earlier you seek help, the sooner you can get information, advice and support. If you are concerned about the memory of someone close to you, encourage them to visit their GP.

For more information, see [alzheimers.org.uk](http://alzheimers.org.uk) or call the Alzheimer's Society National Dementia Helpline on 0300 222 1122.



“ I TRY NOT TO SEE  
THE BOUNDARIES  
IN ANYTHING. YOU  
FIND A WAY TO BE  
COMFORTABLE IN  
THE CHAOS AND  
THE CHALLENGE ”



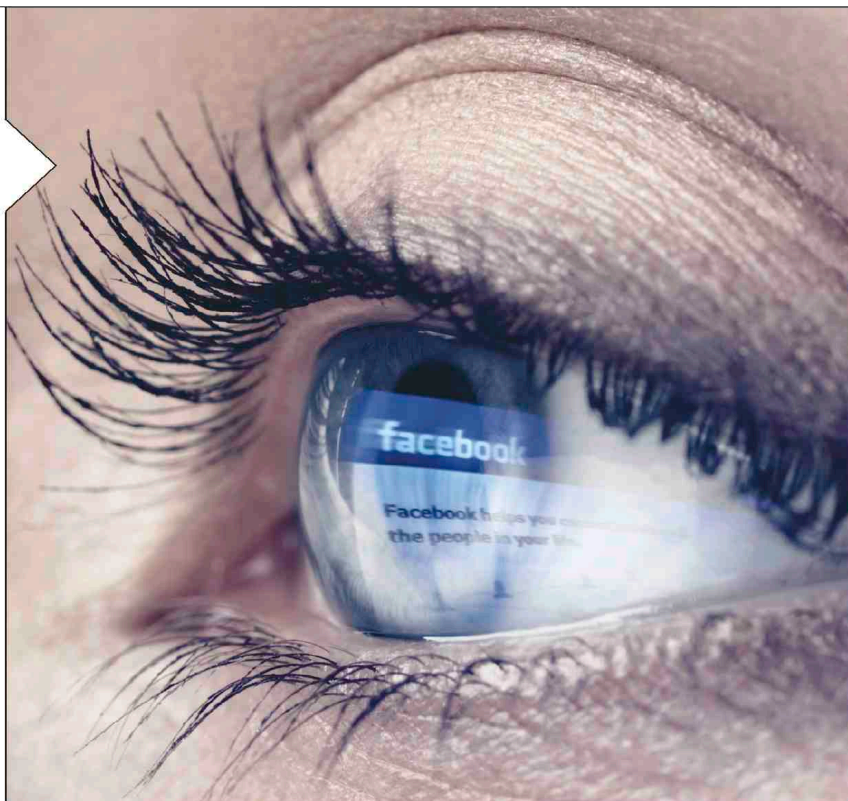
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For tests, tips, events, advice and articles to help you get more from life

## USE SOCIAL MEDIA TO GET A JOB

**We know employers will look at social media profiles. Here's how to improve your online presence:**

1. Review your online footprint before you start job-hunting. See if any old profiles you don't use can still be found.
2. Whether it's an individual or a company you want to work for, follow them on Twitter, Facebook or LinkedIn to be in the know about job vacancies.
3. On sites such as Facebook, you may wish to use tighter privacy settings than on professional network LinkedIn.
4. Use options to review 'tags' before they go public, so you can keep control over what others post about you.
5. Be consistent across all your profiles online, as employers are likely to look at more than one.



## WATCH THE VIDEO

**How bestselling authors set their workspace for creativity.**

Do you work best with clear decks or are you most creative in chaos? In this video, Becky Walsh asks bestselling authors how they work, looking for their secrets to success. Watch what they had to say on this Life Labs vlog.

## BEAUTY TIPS & TECHNIQUES

**How to make your skin glow in the cooler months...**

1. Switch to products containing brightening botanicals to help your skin recuperate from the colder weather.
2. Bring out your blusher. Scientists at St Andrew's University in Scotland found that a 'rosy' complexion denotes healthiness.
3. A splash of colour in lipstick or eyeshadow breathes life into your look.
4. Experiment with metallic hues: define your bone structure and make your eyes pop with shades that catch the light.

## LIFE LAB

Visit [lifelabs.psychologies.co.uk](http://lifelabs.psychologies.co.uk) where, this month, our experts will be blogging and vlogging about resilience and bouncing back.

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## THE MIND EXPERIMENT

# Music makes you feel happier

Every month, **Martha Roberts** invites you to road-test research around feeling good

## 1 THE PROJECT

Music can make us feel uplifted, contented and can improve our health, too.

## 2 THE AIM

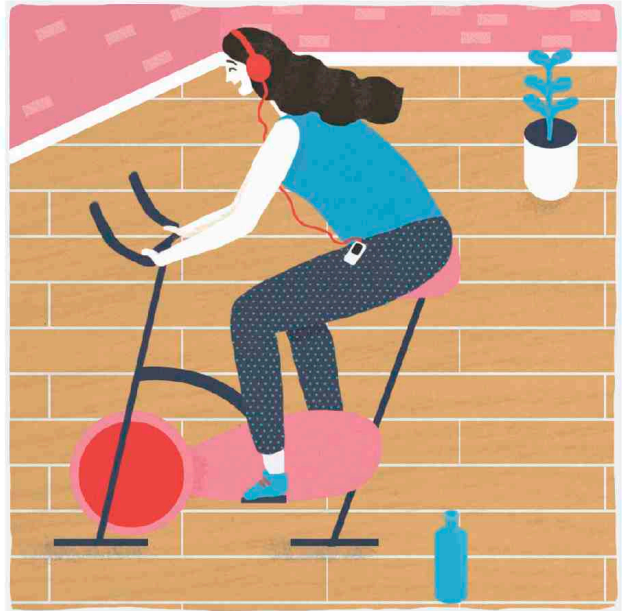
Whether you're performing it or listening to it, music can increase your happiness (as well as the happiness of those around you).

## 3 THE THEORY

Music can lift the spirits. But science has now shown it has a physical effect on our bodies, too. As we listen, music works on the autonomic nervous system, which is responsible for controlling blood pressure and heartbeat, as well as the limbic system, which is responsible for feelings and emotions. A review of 23 studies involving almost 1,500 people found music helped to reduce blood pressure, heart rate and anxiety in heart disease patients\*.

Music can benefit psychological wellbeing, too. Research from the University of Missouri published in *The Journal Of Positive Psychology* found for the first time, that upbeat music can have a very positive effect on our wellbeing. 'People were successful at raising their positive mood as long as the music they listened to was happy and upbeat,' said Dr Yuna Ferguson, the lead author. And participating in music-making can also increase our happiness, and help us to get on better with others. A 2013 Finnish study of 1,000 pupils who took singing classes found they reported higher satisfaction at school in almost every area. Lead researcher Päivi-Sisko Eerola, said 'synchronising' with each other may 'even make people like each other more than before'.

**MARTHA ROBERTS** is an award-winning UK health writer and mental health blogger at [mentalhealthwise.com](http://mentalhealthwise.com)



## 4 TRY IT OUT

- **Listen to music every day.** Just 25 minutes every day, for at least 10 days, will help to prevent back pain and make you sleep better.
- **Play music while working out.** Experts from Hampden-Sydney College in the US, say listening to music during exercise can help to release endorphins to increase your endurance, boost your mood and distract you from discomfort.
- **Pick music to suit the situation.** Classical music can help relieve muscle pain. For a good workout, researchers say the best music is high-energy, high-tempo music such as dance.
- **Join a choir.** Actively engaging with music can give extra emotional oomph and make us happier.\*\*
- **Listen to music while working or studying.** If you're trying hard to crack a difficult report or struggling with a dissertation, studies have shown that music gets your brain in gear again – developing higher verbal IQ and visual abilities.



# What I leave behind

[ SELF ] Have you ever thought about what your legacy will be? **Eleanor Tucker** tries out a new method of leaving memories behind for her loved ones – and discovers some things about herself along the way... >>>





>>> **T**he other day I told my five-year-old son a story, which was probably largely inaccurate, about how my father accidentally wounded his commanding officer in the ear when he was doing National Service. Or was it the nose? Anyway, it had earned him a nickname, along with the wrath of the sergeant major in question.

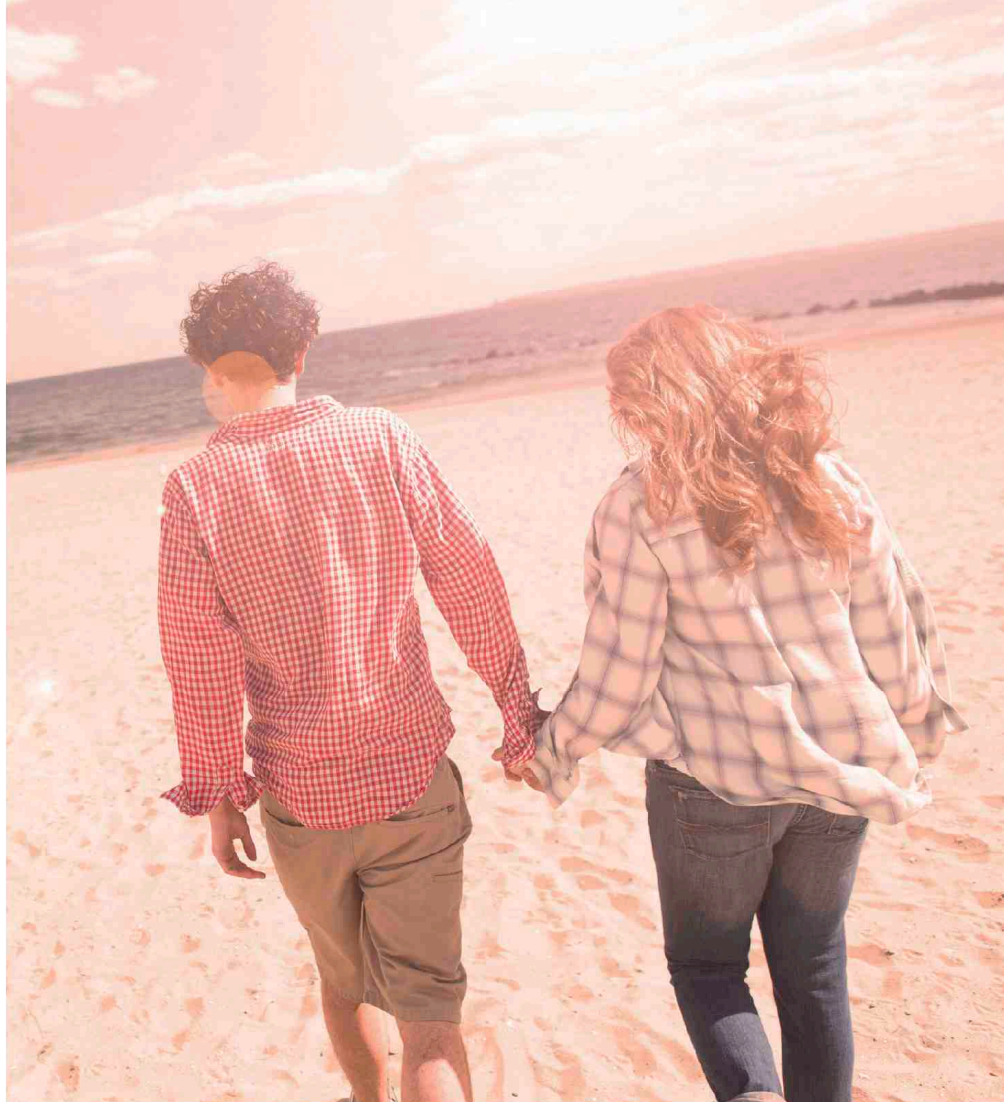
Jake was fascinated – and I was annoyed I didn’t know the story better, and couldn’t even remember the nickname. I vowed to ask my aunt, but then forgot. And I couldn’t ask my father, because he died a couple of years ago. Maybe that story, that little part of his life, will be forgotten soon. It was such a small thing, but it made me sad that I couldn’t pass it on properly to my son.

It was this impulse that caused charity CEO Kate Gross, knowing she was dying of cancer, to pen *Late Fragments*, a book about her life primarily intended for her five-year-old sons to read when they are older.

It got me thinking. In this internet age, when many of us record the minutiae of our daily lives via social media, and when we don’t necessarily have time to write a whole book, how can we lay down something more concrete than an Instagram of yesterday morning’s skinny latte – something that will serve as our legacy after we’ve gone?

I’d love to be able to show Jake a film of his grandpa telling that tale. Maybe Jake will feel the same way when it comes to telling his children about me (though I don’t recall ever injuring a boss...). So I set about discovering how this could be done. One way would be to record yourself telling stories, then save the film for posterity. Fine – except who actually does that? And would you even know what sort of things to say?

Joanna Helin, founder of LifeStory Bank, doesn’t think that many people *would* know what to say. After losing a



“It got me thinking about what kind of memories we leave behind. How can we lay down something more concrete than an Instagram of yesterday’s skinny latte?”

relative herself, she decided to create an online space – a kind of ‘life memory box’ where site users can record themselves talking about their lives, through a series of interview-style questions from an avatar. The questions have been carefully researched, so the idea is

that you’ll be prompted to share not just whatever pops into your head, but things that your descendants would be likely to be interested in. And not just your children – descendants living long after them who will never know you ‘in real life’. Quite a thought.

### Storing your story

The theory sounds great. But what’s the reality like? Why would a busy, healthy woman want to spend a few hours talking to her laptop about the names of her school PE teachers or what her first boss was like? I wasn’t sure, but I was strangely drawn to the idea.

The first thing I had to get over was watching myself on screen. I’ve never really liked seeing myself on screen (stop frowning, woman!) or hearing my voice recorded (it doesn’t sound that nasal in my head). But the focus is

PHOTOGRAPHS: STEVE PREZANT/IMAGE SOURCE

to enjoy the experience, so I tried to keep this in my mind as I repeatedly put off getting started.

There are about 30 sections, from 'Getting To Know You' and 'Views and Opinions' to more specific areas like 'Growing Up', 'Trips and Holidays' and 'Stories About Your Children'. Each section is divided into questions, which your avatar ('Ava') asks you. Then you record your answer, edit if you want, save it and move on. You don't have to answer all the questions – you can pick and choose. And although you can talk for up to five minutes for each answer, you don't have to use all the time.

I dived in to 'Getting To Know You'. 'What are you best at?' Ava asked me. I was thrown. I felt like I was in an interview, trying to sell myself. I must have re-recorded my answer three times, trying to shake off the feeling that I was doing this to land a job. 'Being a mum,' I mumbled, looking around the room. 'Writing?' I offered, self-consciously. Why was I asking my laptop?

## Doing myself justice

It was time to stop and think about what I was doing – and why. I made myself imagine that, for some reason, I was going to die tomorrow and wanted to record my legacy. I know this sounds morbid, but by contemplating your own death, even if you're not dying, are you not doing something that is, in fact, the opposite of morbid – something life-affirming? Thinking about how I would want to be remembered if I wasn't around, I suddenly felt an urge to stop mumbling awkwardly at my webcam and to do myself justice – to leave the people who love me something worth watching.

So, I blubbed and laughed my way through three hours of recording, without a hint of self-consciousness. Why would the Jake of the future care about my frown lines? He would want to hear

funny stories about family holidays I went on as a child. Why would my daughter Phoebe, when she's 25 years old, care about my (possibly) nasal voice? She'd probably be more interested in my advice on relationships (yes, you get to leave pearls of wisdom as well as memories).

## Keep making memories

Naturally, we avoid thinking about the fact that some time in the future, we're not going to be here. And although doing something like LifeStoryBank is a practical way of leaving a legacy, it's more than that. By putting thought into what kind of memory box I'm leaving behind, I've felt more mindful of the fact that I am still making memories. We can easily get caught up in the admin of daily life: the online shopping order; the school run; the car insurance renewal. Yet, amid all this, every day is ripe for a memory to be made. It doesn't have to be a big one, a life-changer – memories are also made in a detour to the park on the way home from school, in an impromptu coffee break with a friend when you both

**“We can easily get caught up in the admin of daily life, but amid all this, every day is ripe for a memory to be made”**

laugh until your cheeks hurt, or in a last-minute glass of wine with your other half when you have one of those talks that reminds you exactly why you fell in love in the first place.

'What have been the most significant moments in your life?' Ava asked me at one point. I answered, the tears dropping onto my keyboard as I started to remember them: meeting my husband, giving birth to my children, even losing my father... But some of the tears were for something else, too – for how lucky I was to have plenty of significant moments yet to come.

*For more information on LifeStoryBank, see [lifestorybank.com](http://lifestorybank.com)*

## WHAT DO WE MEAN BY LEGACY?

**We ask historian and broadcaster Lucy Inglis, creator of the Georgian London blog, what's worth remembering**

**'Is legacy the same thing as history, or is it something different? We have arrived, both as the physical and emotional beings we are today, as well as in the built environment that we inhabit and the society we occupy, through the legacy of our ancestors. While the day-to-day details of their lives may not constitute history at large, it is worth**

**remembering that human experience essentially remains constant over time: we all experience childhood – both the good and the bad – as well as love, sex, friendship and of course, death. Computers and technology might enhance our lives now, but does a mother losing her son in battle today feel any different**

**to a woman losing her son in the Great War? Unlikely. These bonds connect us through time and teach us the nature and importance of a good legacy. Few of us will get to play a part in history, but it's up to all of us to decide what our own legacy will be.'**

*'Georgian London: Into The Streets' by Lucy Inglis (Penguin, £7.99) is out now and her blog can be found at [lucynglis.com/georgian-london](http://lucynglis.com/georgian-london)*



# “Colour is about joy, but it can be healing too”

Styling herself with self-compassion, nutritional therapist Angelique Panagos talks to image expert Mandy Lehto about dressing with joy

PHOTOGRAPHS KI PRICE

**M**y grandma always said you have to dance through life,’ says Angelique Panagos, 36. ‘My life is about laughter, gratitude, love and forgiveness.’ Her outlook is reflected in her wardrobe, full of bright pieces that celebrate life. ‘In my twenties, I was extremely overweight and wore black to hide. I decided I needed to lose weight but didn’t do it sensibly – I exercised obsessively and developed anorexia and bulimia. I still felt I never looked good – I just wanted to be invisible. I was so hard on myself.’

Angelique’s weight yo-yoed, and in her late twenties, she developed autoimmune hypothyroidism and was diagnosed with polycystic ovary syndrome. ‘My lifestyle had to change,’ she says. ‘As I began to heal and forgive myself for what I’d put my body through, I started experimenting with colour. One of my first colourful purchases was a pair of yellow shoes,’ she recalls. ‘Now I want my clothes to say, “here I am!” I don’t want to hide any more.’

Tailored shapes and nipped waists suit Angelique’s figure. Vintage looks appeal, and she mismatches bold colours to infuse fun and uniqueness into outfits. ‘Colour is about joy for me. But it can be healing, too,’ she adds. ‘My husband and I suffered a miscarriage six months ago. It was an emotional time – I could have slipped into old patterns, cutting myself off emotionally, hiding in black clothes again.’ But she chose to trust her body. ‘I’m grateful that my body knows what’s right, knows what to do,’ she says. ‘I’m choosing self-compassion. I’m still wearing colours like orange and blue to remind myself how much I have to be grateful for.’

Playfulness, fun, healing and celebration are words that come up often as Angelique talks about clothes. Her wardrobe is symbolic of her emotional release – what she calls ‘losing a lot of emotional weight.’ She says she’s not immune to corrosive self-talk when she looks in the mirror some days. ‘I’m still on a journey of improving my relationship with my lumps and bumps. They’re there, but I’m choosing not to fixate on them. I want to look like a curvy, healthy woman. That’s how I want to dance through my life.’



*‘I dare to dress  
for myself, and I  
hope I can inspire  
others to dress  
for themselves’*



*'As I've matured,  
I care differently  
what others think.  
Not everyone has  
to like what  
I'm wearing'*



*'I nourish my body  
with colourful  
food, and my soul  
with colourful  
clothing'*

## How to dress with self-compassion

- Don't compare your shape with anyone else's
- Learn what suits you – try a personal shopper
- Give a timeless shape a fun twist
- Add colour slowly – try it in shoes
- Clash bold colours
- Don't fixate on your 'less-than-perfect' bits
- A sense of humour and self-compassion are great styling aids
- Play with vintage pieces: try brooches on a modern dress





# If you can't say anything nice...

[ **BEHAVIOUR** ] Is a problem shared a problem halved? Nell Jones doesn't think so. Finding herself moaning once too often, she took a two-week 'complaining detox', to see if it put her life back into focus

There's a phrase my mother was fond of repeating when I was a child: 'If you can't say anything nice, don't say anything at all.' Granted, this was usually in response to my petulant declarations of: 'This tastes awful' (we had corned beef hash a lot), or 'I hate going to Grandma's' (her house smelled of smoke). But now I'm starting to think she might have had a point.

Recently I've noticed a large part of the conversations I have with those closest to me is taken up with complaining. When I catch up with friends and family, we seem to talk about what *isn't* happening to us, or what we *don't* like about our lives, skirting around the positive bits so we can get down to the nitty-gritty of dissecting and grumbling and griping, which is what we do best.

But I rarely feel better after bemoaning the long hours I put in at work, or how it's difficult for my partner Andy and I to spend time with each other thanks to his hectic schedule. 'The problem is we complain primarily to vent and get things off our chest,' explains Guy Winch, psychologist and author of *The Squeaky Wheel: Complaining The Right Way To Get Results* (Walker & Company, £10.22). 'We tend to voice our complaints to everyone except the people who can do something about it. For example, we're far more likely to

voice a complaint about a colleague to everyone else but that person we have the problem with. This leads to a defeatist mindset when it comes to complaints. When something goes wrong, we feel doubly frustrated and upset, first because of the issue and second because we don't believe we'll be able to resolve it and get any satisfaction.'

Winch explains being specific and knowing what I want to achieve will help me – by making it clear to the other person what I want, it makes it easier for them to respond. He also suggests I am more selective about the complaints I choose to voice in order to feel less victimised and more empowered. He recommends employing the 'Complaint Sandwich' method, wedging a negative between two positive statements to make it easier for the other person to digest.

As someone whose blood boils when I'm in a queue for longer than a minute, I can tell it's going to be a fun two weeks.

## Day one

I begin by listening to my inner thoughts to identify which are complaints and which are just noise. This way, I hope I can snuff out a negative thought before it grows. On my first day, I decide to tackle something that's been bothering me for a while at work. A colleague has a habit of collecting >>>



>>> any work that needs doing onto his desk whether he has time to start it or not, which means I sometimes find myself at a loose end knowing I could be working on something he has stockpiled. I realise that this is the perfect opportunity for a complaint sandwich, so I ask if he would like any help with the work on his desk (the bread) before saying it might be better if he just takes one at a time (the filling) because then we can get it all done more quickly (more bread). Asking a specific thing seems to work, and he happily surrenders some of the jobs. My sandwich seems to have gone down a treat. I am forced to make another, more unpleasant one when I get home from work. My 22-year-old brother Sam is staying with me and my partner, and when I spy his underwear carelessly discarded in the bathroom, I feel a rising annoyance at his lack of basic domestic hygiene. So I drop into a conversation that he left them there by mistake, before asking if he would like a hand with his laundry. I feel pleased at the way I handled it, and I get big sister brownie points, too.

## Day two

While Andy and I are getting ready for bed, we talk about my challenge, and how we complain to each other about work by default, as if it's expected. So we stay up a bit longer and tell each other what we think the other one most enjoys about their job. It's uplifting and I feel that I've been given a reboot – I mustn't complain as much as I thought I did after all.

## Day four

Tonight my new mindset is tested when a meet-up with an old friend isn't the fun reunion we'd planned. My friend Jess invited her boyfriend to dinner, and he arrived an hour late with no apology. Over the course of the evening he told Jess he would never ask her to marry him, was disrespectful about my boyfriend's job and, for a grand finale, announced his portion of the bill was extortionate. He was so rude, yet Jess didn't take him up on it, when it was clear everyone at the table was uncomfortable. It also showed me how unpleasant it is to be around a serial complainer. On the way home, I'd usually have launched into a tirade about his crassness to Andy and never mentioned it to Jess. But my newly reflective state left me concerned that my friend isn't being treated very well in her relationship. I decide to speak to her about it the next time we're on our own and see if she opens up.

## Day six

My first week is almost up and I'm genuinely feeling more positive about work and home life. It could be a combination of having a relatively stress-free week and realising that I made it a stress-free week by choosing to let little things

“When I catch up with friends and family, we seem to talk about what *isn't* happening to us, or what we *don't* like about our lives, skirting round the positive bits so we can get down to the nitty-gritty of dissecting and grumbling and griping”

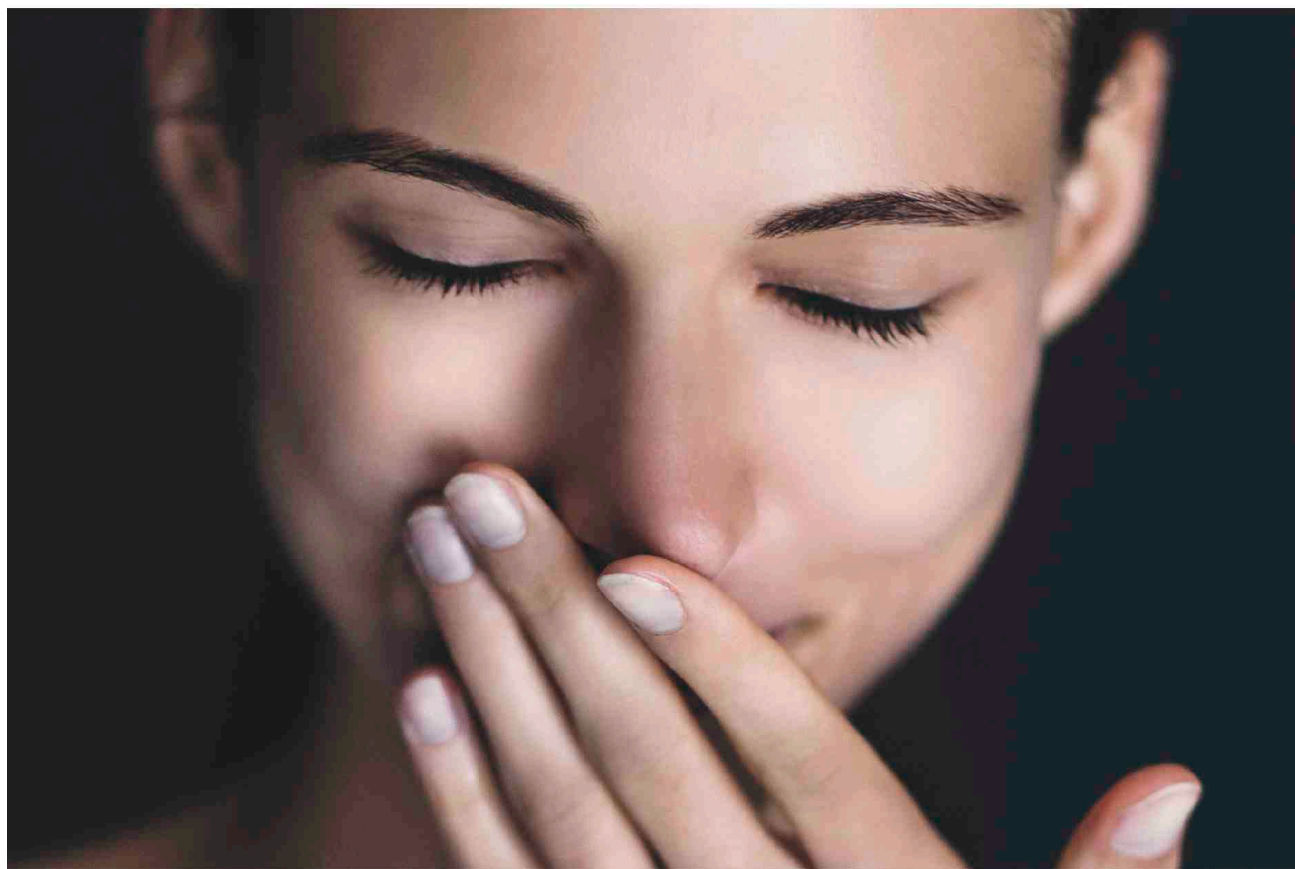
go. As my younger brother has become a permanent fixture on our sofa – watching endless episodes of *Breaking Bad* (not complaining, just stating a fact) – I suggest we leave the house and do something fun. We have a lovely day walking around and catching up properly for what feels like the first time in years. He opens up about struggling to find a job and moving back in with our parents after finishing university. These seem like genuine complaints to me, and as I am now a bit of an expert, I attempt to help him convert his venting into solutions. We come up with ideas for what he can do in the meantime to work towards his goal, and he even emails a few companies for work experience the same day.

## Day ten

Today I'm meeting one of my best friends, Rachel, and I wonder if the conversation is going to flow as smoothly as it usually does, or if I'm going to feel like an overly positive TV presenter interviewing her over a peppermint tea. We usually have a good old grumble, so I hope she doesn't think I've had a personality transplant since she saw me last. She regales me with a couple of funny stories about her fiancé, but I recognise them as embroidered complaints. I think a lot of it is about self-deprecation – who wants to sit there and listen to someone go on about how perfect their life is? At the risk of appearing smug, I keep it positive and upbeat and say everything's great. I feel a pang every time I want to match or relate to one of her work/family/relationship quips, but instead I drive the conversation into more positive waters each time, or turn it to books, films or theatre. At the end of our time together, I feel much better for it – and our conversation is even slightly more high-brow than usual!

## Day fourteen

It's my last day of the task, but I'm not out of the woods yet. Andy and I are due to meet friends for dinner, and as we're about to leave, we have a row about him wanting to



watch the end of the football. I decide this is fine because I'm arguing with him, about him. We clear the air but it's hard to find a positive, and I can't help but feel irritated that I've clipped my foot at the final hurdle. But no matter how calm I am determined to be, I still feel extremely frustrated that I am the one trying to soothe the situation when he is being unreasonable. I must have thought that applying these steps to how I deal with conflict would make me immune to flare-ups of white-hot, unexpected annoyance, and that any situation can be mastered if you set your mind to it – but it's not always as easy as that.

It's a reminder that no matter how focused our minds are, things can't always go our way, and it's really how we deal with these individual experiences that will eventually have an effect on the whole. I know I can't eliminate moments of anger and exasperation from my life altogether, so I might as well embrace them. By allowing myself to be annoyed and accepting it, I can then release it – along with any feelings of guilt that I have about becoming annoyed in the first place. And as we walk out of our house, I feel it leave me as suddenly as it arrived, and Andy must too, for he apologises and we move on – which, I realise, is what this is all about anyway.

## Conclusion

My two weeks of thinking before I complain has really made me re-examine a few things. Mainly, it's made me

“We tend to voice our complaints to everyone except the people who can do something about it. We're far more likely to voice a complaint about a colleague to everyone else but that person”

realise the importance of trying to nip things in the bud before they grow into larger, more deep-set feelings. It was surprisingly easy once I got the hang of being more direct and less vague, and I feel like I've unblocked the communication channels in my life. My partner has really responded at home, and we've become friendlier and more affectionate towards one another because, without sounding like Roald Dahl's Miss Trunchbull, I've learnt to make it clear what I want and expect. Now when I'm about to complain, I think of at least one enthusiastic or encouraging point to counter it. And now I know how to complain properly, I feel more empowered and in control of my life. So here's a new phrase for you – if you can't say anything nice, put a positive spin on it and only say it to a person who can cause a change. Catchy, right?



# MARY FENWICK

## on life

Our agony aunt offers a new perspective on your challenges and problems

# “I’m struggling with life as a full-time mum”

**Q** I have a three-year-old daughter and am also pregnant with my second child. I met my husband at law school years ago, and we now live near his family. I had a well-paid job until I gave birth to my daughter, who was unwell when she was born; and I had to give up work and become a stay-at-home mother.

I live a long way from my family, and resent them because they are busy and don't visit us much. I also resent the fact that I don't get more support from my husband's family – who *are* near enough to help. And I am really missing my career – from the point of view of both the money and freedom it afforded, and the adult company. I'm always planning the future, but I think that resentful feelings and expectations of others are holding me back. I feel like my mind is turning to mush. But I also feel silly and selfish for feeling like this – I should value this time with my daughter and the new baby more, but I'm just not in the right frame of mind. What can I do? **Neelam**

**A** I'm not sure whether or not this is welcome news, but this is the feeling that launched the second wave of feminism. In 1950s America, writer Betty Friedan called it 'The Problem That Has No Name'. She conducted research among her fellow alumni, 15 years after leaving their all-girls college, and discovered widespread dissatisfaction, which each woman was keeping to herself: 'As she made the beds, shopped for groceries... she was afraid to ask even of herself the silent question: "Is this all?"' In *The Feminine Mystique*, Friedan wrote that she had never once in her life seen a positive female role model who worked outside the home and also kept a family.

Things might have changed in general in the last 50 years, but – as you are finding – it can still take an unexpected amount of individual courage to step outside what other people assume to be the norm. If you are willing, this could be your mission; to show your daughter that it is possible to have a fulfilling career as well as being a loving mother. I also believe that raising confident, happy



**MARY FENWICK** is a business coach, journalist, fundraiser, mother, divorcee and widow

**GOT A QUESTION FOR MARY?**  
Email [mary@psychologies.co.uk](mailto:mary@psychologies.co.uk), with 'MARY' in the subject line

children is a huge achievement which brings rewards greater than money. However, it's not worth it, and you can't fake it, if the cost is entirely paid by your own sense of self. That's not what you want your daughter to learn.

You can't do this alone, so I suggest you start by finding like-minded people who are facing similar issues to you. Could you swap babysitting time with another woman who lacks family support? Are there any local groups for women in business? Could you start a group based around women who want to return to work? You said you went to law school – can you volunteer your legal expertise to help a local charity? You will value your time as a mother even more when you have the sense of being the person you are supposed to be.

Part of the fun will be deciding when and how to launch your mission. It might not be right now, but 15 minutes of research every day into resources near you would be time well spent.

## “Money-worries are ruling my life”

**Q** I constantly worry about money. I spend hours going through my bank account trying to figure out where my salary goes, stressing about making ends meet. I don't spend my money on lavish things, and I'm not in debt, but it's a source of constant worry for me. It feels like everyone else is saving and has the money to spend on expensive holidays and clothes. I don't understand how they do it.

My partner never has any worries about money – he says it will always work out – but I don't earn as much as him, and I feel like that's half the problem. I've tried to tell him I can't afford so many evenings out, but my worries don't seem to register on his radar. I feel out of control. How can I stop money from ruling my life? **Lucy**

**A** I identify with how difficult it can be to manage these feelings – the financial aftershocks of my husband's death reverberated for years (one example was I didn't want to accept that my children qualified for free school meals). The intensity of our feelings about money is affected by context, not just facts.

I notice three elements of context in your letter. One is how 'everyone else' has money to spend freely. This is simply not true. One of the best summaries on the relationship between money and happiness is in Gretchen Rubin's *The Happiness Project*. She says an important element is how much money you have relative to those around you, and relative to your own experience. But she also says it's possible to buy elements of happiness. Sometimes a positive decision to give something

up can give a sense of healthy control. I strongly recommend her book, especially chapter seven.

Second, you say your worries aren't on your partner's radar. Money aside, my definition of a 'partner' would be someone you can talk to and feel heard by. Give him another chance to be that person. Make it clear how much this is interfering with your ability to feel happy and relaxed.

Finally, if you find that you're spending hours on this at a time, your worry muscles may have tipped from constructive exercise into overuse or exhaustion, and you could be suffering from a general anxiety disorder. If the out-of-control feelings persist, despite the fact that you're not in debt, please talk to your GP. Your partner is right in one way – things will work out, but it's not about the money.

## “Why did he lie about his sexual history?”

**Q** I've been with my partner for seven years now, and when we met, I told him all about my relationship history. He told me about his too, including a girlfriend who was his first sexual experience. A couple of years later, we were out one night and this girl was there. But when I asked him about it, he acted oddly and eventually admitted he'd never been with her at all – he'd made it up to impress me. Now he gets very uptight and agitated if any mention of it comes up, saying it was private and he doesn't want to discuss it.

We love each other very much and whatever the truth is won't change how I feel about him. But it does

make me wonder. We recently got engaged, but this issue is ongoing. Should I let it go? Am I unreasonable to want an answer? Or should the answer he gave me be enough? **Kelly**

**A** I wonder if you might have been his first? That would explain why he behaves so defensively, and why he tried to impress you. Or he could be working through something difficult, including possible abuse, and isn't ready to talk to anyone yet. The underlying principle is whether he's entitled to have any secret that is private – even from you. I'm inclined to say that he is. It's that simple. This isn't a licence for you to keep secrets in deliberate revenge, but to encourage

you to remember that secrets are usually linked to some sort of shame, or a sense of feeling too exposed. As it happens, you don't have that feeling about your sexual history, but some people do. You ask if you should let this go, and I want to quote AR Orage: 'Take hold tightly, let go lightly; this is one of the great secrets of felicity in love.'

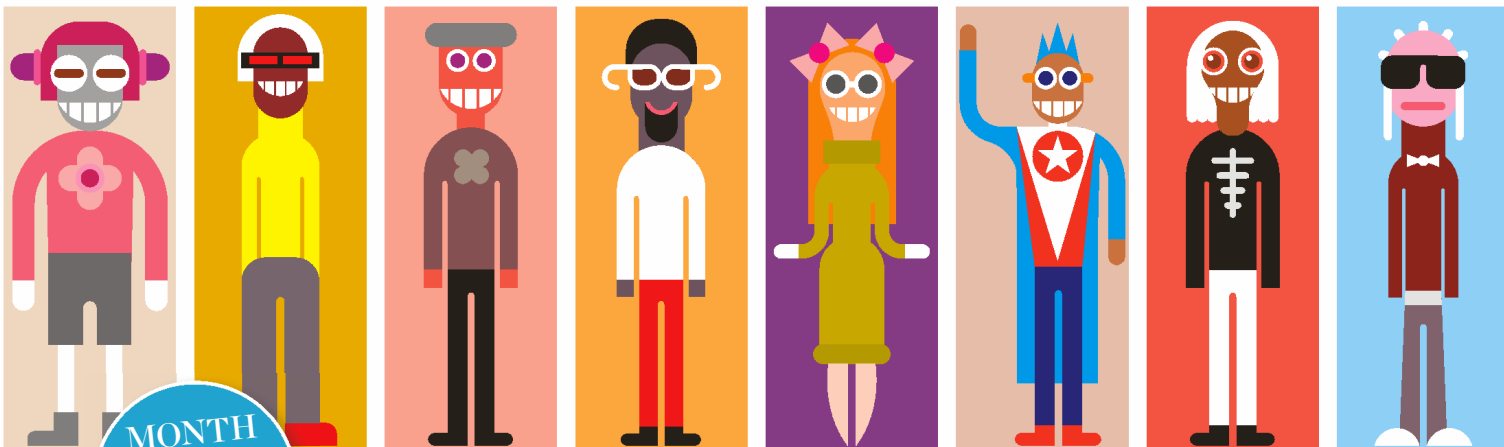
### MORE INSPIRATION:

Visit: [anxietyuk.org.uk](http://anxietyuk.org.uk)

Read: *The Happiness Project* by Gretchen Rubin (Harper, £9.99) and for more from Gretchen, see [gretchenrubin.com](http://gretchenrubin.com)

Join: [Streetlife.com](http://Streetlife.com) to connect with local groups





# Give a little

## [ THE HAPPINESS CLUB ]

This year, why not create a Happiness Club in your home? You'll be on your way to more happiness and be able to spread some, too. This month, with help from our partners Action for Happiness, our focus is on giving. *Psychologies* editor **Suzy Greaves** has started her own Happiness Club

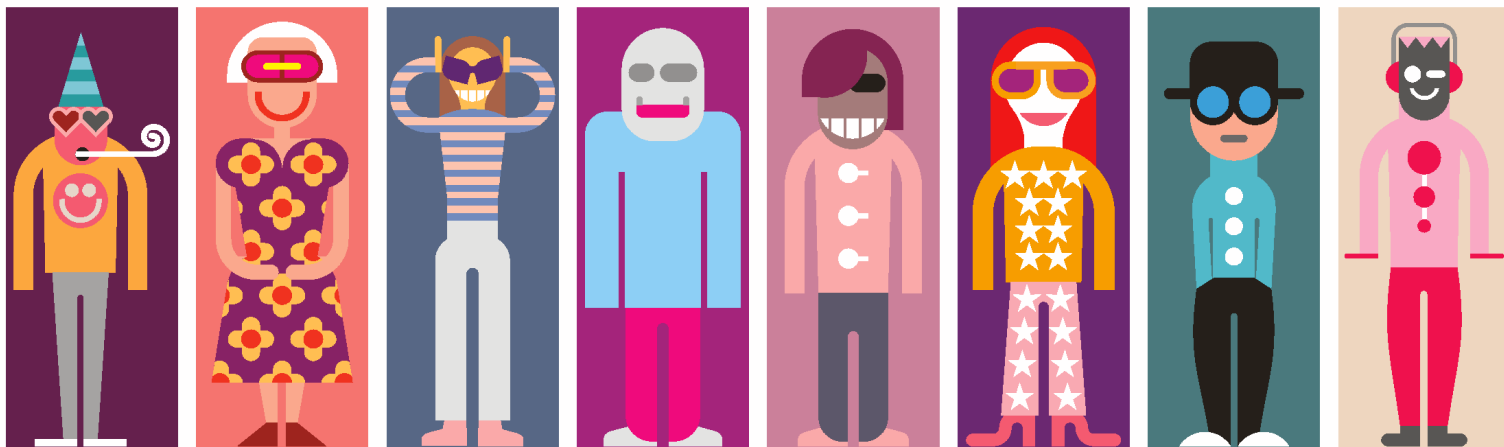
**C**an we *really* design a happier life for ourselves in 2015? Yes, we can – research shows we can choose to indulge in ‘happy practices’ that are scientifically proven to put a smile on our faces. The Happiness Club will focus on 10 such keys to happiness created by charity Action for Happiness – one each month this year. I’ve chosen four people to join me in my Happiness Club – we’ll meet once a month at each other’s houses, book-club style, to focus on one ‘key’ each time and together, we aim to create our happiest year yet. See [psychologies.co.uk/create-your-own-happiness-club](http://psychologies.co.uk/create-your-own-happiness-club) to see how to set up yours. Our first ‘happiness key’ is giving.

Kindness, it seems, is happiness’s own superfood. A recent study showed that when people were asked to conduct five

acts of kindness one day a week over a six-week period (even if each act was small), they felt a big increase in wellbeing. Kindness leads to a virtuous circle – happiness makes us give more, and giving makes us happier, which in turn leads to a greater tendency to give, so an upward spiral continues.

### Why is giving good for you?

Happy people are more likely to be interested in helping others. They’re more likely to have recently performed acts of kindness or spent a greater percentage of their time or money helping others. Volunteering is also related to a rise in happiness, irrespective of the socio-economic situation of the volunteer. People who give some of their monthly income to charitable causes, or spend it on gifts for others,



have been found to be happier than those people who did not spend on others.

### Give without being a martyr

So yes, giving is good for us. But I must admit my heart sank when I read that the first 'key to happiness' was giving. I feel like I already give a lot – sometimes by the end of the day, my tank is empty and I'm running on the dregs. I'm good at looking after the needs of others but, if I'm not careful, I can also end up being a resentful martyr. 'For women, this can be a common problem,' agrees Vanessa King, positive psychology expert at Action for Happiness. 'My key question is – what's behind it? We have all chosen roles where a lot is demanded of us – as mums, partners, workers, and of course, juggling these isn't easy. But do we get in our own way? Is the real problem, perhaps, the way we're thinking about it?'

### Think differently

● **What makes us think we have to do everything?** We can choose to do the things that really matter and/or take the least effort. What about asking those we're giving to – what is most important for them? And, if you were to stop doing something, what would they suggest that be?

● **Can anyone else help?** We can be reluctant to ask for help. So why not step back and ponder who could help you and ask them? It's an opportunity to boost their wellbeing (and your own) and if you ask in the right way and show appreciation when help is received, it can build the relationship.

● **Let it go – are you too controlling?** I often hear: 'I asked them before and they didn't do it right'. Maybe we need to challenge ourselves to ask what really needs to be done a certain way and what doesn't.

This will give us lots to talk about in my first Happiness Club. I hope your club has good conversations this month, too.

“No act of kindness, no matter how small, is ever wasted”

AESOP

## GIVE WITH GRACE

This month's key to happiness is giving. Here's some positive action you can take:

- **Do things for others.** Caring about other people is fundamental to our happiness. Helping other people is not only good for them, it's good for us, too. It makes us happier and can help to improve our health. Giving also creates stronger connections between people and helps to build a happier society for everyone. And it's not all about money either – we can also give our time, ideas and energy. If you want to feel good, do good!
- **Carry out one act of kindness for someone daily for the next month.** It can be anything – help a mum off the bus with her buggy, walk the dog for an elderly neighbour...
- **Offer to help, give away your change, pay a compliment, or make someone smile.** Reach out to help someone who's struggling, give them a call or offer your support in some way. Let them know you care.

### Questions to discuss

- 1 What have you done recently to help others? How did it make you feel?
- 2 When have you felt resentful when you've been giving? Why was that, do you think?
- 3 Can you remember the last time that someone gave to you unconditionally – and how

- 4 did that make you feel? How easy or difficult do you find it to ask for or receive help?
- 5 Work together to come up with five different ways you could give easily to other people this month (see [actionforhappiness.org/take-action/do-kind-things-for-others](http://actionforhappiness.org/take-action/do-kind-things-for-others).)

**FOR MORE DETAILS** on how to set up your own Happiness Club: [psychologies.co.uk/create-your-own-happiness-club](http://psychologies.co.uk/create-your-own-happiness-club)

**FOR VIDEO INTERVIEWS** with Mark Williamson, the director of Action for Happiness, and positive psychologist Vanessa King, and to see the highlights of the first ever Happiness Club meeting with *Psychologies'* Suzy Greaves, click on: [lifelabs.psychologies.co.uk/channels/154-the-happiness-club](http://lifelabs.psychologies.co.uk/channels/154-the-happiness-club)



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# The ex factor

[ LOVE ] As social media makes it easier than ever to obsessively check out your partner's ex, **Heidi Scrimgeour** finds out how to stem the tide of jealousy before it takes over our relationships

All it took was a glance at my husband's old flame on Facebook. Idle curiosity compelled me to click on the photo of the laughing black-haired girl who'd stolen his teenage heart, but that single click awoke a sleeping monster – of the green-eyed variety – and it took some months for me to escape its clutches.

The elation I felt at discovering that her privacy settings allowed me to roam undetected through her online life was quickly surpassed by shame. Ordinarily I'd have asked my husband about his ex, but when jealousy takes hold suspicion grows and you presume the 'guilty' parties in the story you're concocting in your mind will only tell you lies. This was how I justified logging on to my

husband's computer – more than once – to investigate whether they still kept in touch.

I'd never felt jealous until then. I trust my husband and feel no insecurity about his female friends, but the mystery of his life before we met had piqued my curiosity, and that quickly spiralled out of control. I minimised my browser window when he entered the room, deleted my internet history, and made up reasons to drop her name into conversation to gauge his reaction. I even bought a pair of baseball trainers instead of the biker boots I wanted, purely because she looked like a Converse kind of girl to me.

I longed to confess to him, but the only thing worse than a frenzied bout of irrational jealousy is the fear >>>



>>> that admitting to it might drive your other half away – back to the arms of the ex with whom you're obsessed.

## The green-eyed monster

The force of my feelings took me by surprise but 'retroactive jealousy' – irrational jealousy of your partner's past – is surprisingly common, and social media, with its access into other people's lives, isn't helping. 'We all have pangs of jealousy, but that's different to being plagued with unwanted thoughts about your partner's past,' explains relationship expert Caroline Brealey from dating agency Mutual Attraction. 'Left unchecked, retroactive jealousy can grow into obsessive, all-consuming thoughts that have a destructive effect on a relationship.'

My friend Rachael knows this well. She has experienced retroactive jealousy in two previous relationships, and now in her marriage. 'My husband was devastated when his prior relationship ended,' she says. 'He wrote songs about his ex and she designed his tattoos, but the fact that he doesn't have a tattoo representing us, and has never written a song about me, makes

me jealous, which I'm ashamed of. It's not helped by the fact that they are friends on Facebook.'

Emotional intensity can explode without warning. Rachael has never met her husband's ex, but the mention of her name is enough to drag those deep-rooted fears to the surface. 'Getting married helped initially – making promises to one another reinforced that my husband had chosen me,' Rachael explains. 'But as the honeymoon period wore off, the jealous feelings became more intense.'

It seems so irrational – why be jealous of what was history even before you met? 'The mind does not always make distinctions between the past, present and future,' explains therapist and relationship coach Marilyn Devonish from coaching and therapy service Transformations. 'That's why your partner's past relationships can feel very much part of your present.'

That explains why my husband's jokey reference to his teenage love struck a blow. My mind knows their paths haven't crossed for more than 20 years, and that she's never posed a threat to our relationship, but the

mention of her name made it feel as though she was a real and present danger. This sense of danger underpins Rachael's jealousy, too. 'I worry that he might get bored and start thinking about his exes. I fear him realising that I am not as good as someone else or, in the worst case scenario, that he might leave me for an ex,' she says.

Dig deeper and issues often lie within ourselves. 'Your partner's past isn't the real issue,' says Brealey. 'It's a trigger for your own insecurities.' Rachael feels acutely conscious of her own shortcomings compared to her husband's ex's many obvious qualities. 'She was beautiful, creative and musical. All his friends loved her, too.' Such a perfect girlfriend; an ex on a par with dead wife Rebecca in Daphne du Maurier's haunting classic novel, would surely render even the most confident woman insecure. But Rachael, who is also striking, witty and talented, can see that how she compares with her husband's ex isn't ultimately relevant. 'I realise this is my own issue and not something my husband has or hasn't done,' she says. 'I've always felt a bit insecure, and retroactive jealousy is a side-effect. I see it as a lifelong condition that I am learning to manage.'

## HOW TO HANDLE RETROACTIVE JEALOUSY

### RESIST SEEKING REASSURANCE

It's tempting to look to your partner for comfort when consumed with jealous feelings, but that rarely helps. 'No amount of reassurance can fill that hole, so avoid getting trapped in that destructive cycle and instead focus on the underlying insecurities,' advises Marilyn Devonish. Remind yourself of your strengths – what is fabulous about you?

### USE SOCIAL MEDIA WITH CAUTION

Most of us have looked up a partner's ex online. 'But when that turns from a quick glance out of genuine curiosity to constant obsessive checking, it's time to think about breaking from social media for a while,' advises Caroline Brealey. Make a decision not to indulge in behaviour that will be unhelpful to your relationship.

### AGREE GROUND RULES

Richard Reid recommends agreeing boundaries with your partner so you both know where you stand. 'Don't restrict your partner's freedom, but it's reasonable to expect to have some say in the manner of the contact your partner has with their exes,' he says. 'Agree the ground rules together – no flirting or private messaging.'

## Finding the root cause

According to psychotherapist Corinne Sweet, author of *The Mindfulness Journal* (Pan Macmillan, £8.99): 'Jealousy is usually an indicator that you have unresolved issues around separation, bereavement or loss, which often have roots in childhood. Those could range from parents divorcing to being bullied, or simply not feeling loved.'

For me, the roots of jealousy are unclear. I've encountered minor bouts of insecurity over the years – periods of low self-esteem, physical hang-ups and general fears about not measuring up – and it feels as though jealousy is related to these. Rachael agrees. 'My

PHOTOGRAPH: (PREVIOUS PAGE) JACOB BRITCHARD/GALLERY STOCK (THIS PAGE) PAUL EDMONSON/GALLERY STOCK



insecurities are laid bare when I make myself vulnerable with a man. Sensitive areas can be scrutinised, prodded and even injured further,' she says.

Devonish suggests the key to overcoming retroactive jealousy is facing up to these underlying insecurities. While it may be tempting to offload onto your partner, experts advise against seeking endless reassurance, because no amount of it will ever be enough to silence the jealousy that stems from inner anxieties. The good news is that, unlike the past, you can change this internal landscape.

### Building your self-worth

Instead of constantly measuring yourself against a predecessor, try increasing your own self-worth. 'People who

feel good about themselves rarely waste their time comparing themselves to others,' Devonish explains. And Brealey recommends reminding yourself of the facts. 'When the mind-movies of your partner's past start plaguing you at 3am, remind yourself that your partner is waiting to share the present with you,' she says.

Sweet cautions against imposing restrictions on your partner's freedom. 'Own the issue; say "I have a problem",' she advises. 'Avoid looking at old letters or photos to try and measure whether your partner was happier with their ex than they are with you, as that will only fuel your paranoia.'

You can learn how to nip retroactive jealousy in the bud whenever it strikes, says psychotherapist Richard Reid of

**“When the mind-movies of your partner's past start plaguing you at 3am, remind yourself that your partner is waiting to share the present with you”**

Pinnacle Plus. 'Mindfulness can really help,' he explains. 'Instead of exacerbating jealous thoughts by looking at social media profiles, become more attuned to yourself. This will enable you to choose whether to indulge in thoughts or behaviours that may not be helpful to you or your relationship. Choose to simply put your focus elsewhere until the thought or feeling passes. Over time, this trains your brain to respond more positively.'

In the end, that's what helped me break free from retroactive jealousy. A brief social media break helped me shift the Facebook stalking habit, and addressing my self-esteem stopped me from looking to my husband's past for evidence to support my own fears.

I might never be able to 'compete' with the unquenchable thrill of a first love, and I'll never be a Converse girl at heart, but if my husband isn't comparing his lot with the life he might have had, why should I? Equally, his ex's short-lived mystique can't hold a candle to the intimacy we've shared in having our children together. I'm the one who gets to look into his eyes every day and know that he has loved me for most of my life.

I realised that even though I had awoken that sleeping green-eyed monster, I didn't have to invite it in.



# Oprah Winfrey

[ **SHARED VALUES** ] *Selma* is an Oscar-nominated film chronicling the true story of the tumultuous three-month period in 1965, when Dr Martin Luther King, Jr led a dangerous campaign to secure equal voting rights in the face of violent opposition. We talk to Oprah Winfrey, who has co-produced and acted in the film, about the walk to Selma

INTERVIEW SUZY GREAVES

**Philosopher Pierre Teilhard de Chardin said:** ‘We are spiritual beings having a human experience.’ I love that quote. The single most important thing is to understand who you really are. Everything moves from there.

**To get divine guidance, you have to get really still.** You cannot hear what is the right thing to do when you are tuned into all the voices of the world. But even in the chaos of the world and the darkness, you can always find that stillness within you.

**When Martin Luther King asked for guidance from God, he literally got down on his knees and became still.** When we were filming that scene on the bridge in *Selma*, you could have heard a pin drop.

**Doubt means don’t.** Until you can quieten those crazy thoughts – ‘I don’t know... what should I do? I’m so scared’ – you do nothing. Your happiness, success and joy are all directly connected to that still, calm place within, so when you have doubts, you should do nothing – whether you’re buying shoes, buying a house or deciding who to marry. Be still, and wait for a clear sign of what your next step should be.

**It’s your job as a human being to discern your ego speak from your true self.** Spiritual practice is no different from any other exercise. The more you practise it, the more discerning you become when figuring out if it’s your ego or your true self that is running your life. You will never fail or go wrong when you are listening to your true self. The true self is the voice of wisdom, of truth.

**How do you stand up and be counted when you’re afraid?** Annie Lee Cooper, the character that I play in

*Selma*, had simply had enough. She had been humiliated, degraded, put down, turned away four times when she went to vote. Her desire for freedom and to live the life that she believed she deserved was so strong that she was willing to put everything at risk – including her own life.

**There has to be some level of sacrifice for the greater good.** I know Martin Luther King sacrificed a great deal but I think everyday sacrifice is underestimated. For me, the greatest sacrifice is made by those who choose to be good parents. Single mothers? It doesn’t get bigger than that. I spent long days presenting two shows a day. I’d leave home at 5.30am, and I wouldn’t be back until 8.30pm. Yet half of my staff had to do the same thing, but they were parents who’d walk back in the door and have to be in the mood to play with their child.

**Nothing keeps me awake at night.** I don’t watch news before bed. I have a very sensitive spirit – I absorb other people’s feelings and empathise with them. I have to measure the energy that comes into my private space. I’m never in the house with noise – other than dogs yapping. I don’t leave the TV or radio on. I don’t have energy coming into my sphere that I’m not consciously inviting in.

**I write in a gratitude journal every night before I go to bed.** It cleans my spirit for the day and sets me up for the next day. I go through life looking for five things I can be grateful for, and that changes my personal vibration as I’m looking for positive things to happen during my day.

*‘Selma’ stars British actor David Oyelowo as Martin Luther King, alongside Cuba Gooding Jr, Tom Wilkinson, Tim Roth and Oprah Winfrey, and is released in UK and Irish cinemas on 6 February*

PHOTOGRAPH: CAMERA PRESS



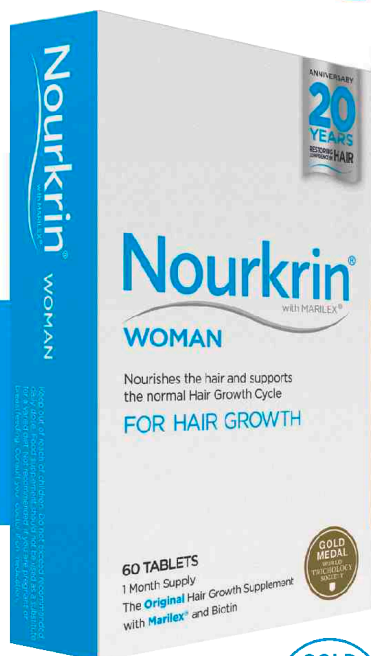


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## ILONA BONIWELL on family

# “Stop telling your kids they’re clever and talented”

How you praise your kids is crucial to setting them up for a happy life, says Ilona Boniwell. But telling them they are smart is *not* the way to do it

**A**re you inclined to tell your child how smart they are? What a ‘clever boy’ or ‘clever girl’ you say. If so, keep reading – this kind of praise could actually be setting your child up for an unfulfilled and anxious life.

Research suggests when children are praised for how intelligent they are, they become focused on retaining this label and on being judged well by others rather than on continuing to learn.

According to Stanford University’s Professor Carol Dweck, this is due to ‘intelligent praise’ supporting what is known as a ‘fixed mindset’ in children. Based on her empirical research, most of us fall into two basic ‘mindsets’ – fixed or growth. The fixed mindset upholds the idea that people’s ability is fairly fixed and not open to change. So, people are either intelligent, sporty, arty, good at maths – or they aren’t.

The growth mindset has a different starting point. It sees people with huge potential for growth and development. It accepts that a small minority are born with unusual levels of talent or ability and, at the other end of the spectrum, with severe learning difficulties, but generally believes that around 95 per cent of the population falls between

these two extremes and that, with enough motivation, concentration and effort, they can become better at almost anything. This view is supported by neuroscientific evidence showing people’s brains keep making new connections until the day they die.

These very different views of people have enormous implications for how children will learn, achieve goals and bounce back from difficulties.

Someone with a fixed mindset views goals in terms of a successful outcome. They believe potential can be measured (eg, low marks equals not smart). For this mindset, both success and failure cause anxiety, as the person has to keep up the standard they have created and becomes afraid of failure. When someone of a fixed mindset can’t solve a problem, they tend to withdraw their efforts entirely because they interpret the situation as, ‘I’m not smart enough for this, so what’s the point in trying?’ They see having to make an effort as a reflection of low ability, as effort means they were never good at it anyway.

The growth mindset, on the other hand, focuses on learning goals, mastery and competence. It recognises that scores and marks reflect how a person is doing now, but do not measure their



**DR ILONA BONIWELL** is course leader for the new International MSc in Applied Positive Psychology at Anglia Ruskin University. She lives with her husband, their toddler and four teenagers from previous marriages

Got a QUESTION for Ilona? Email [ilona@psychologies.co.uk](mailto:ilona@psychologies.co.uk), with ‘ILONA’ in the subject line

potential. They view effort as a necessary part of success and try harder when faced with a setback. For them, effort equals success, so it’s not surprising that these kids usually succeed in increasing both their performance and enjoyment of tasks. Praise for strategies, effort and process rather than outcome, will help children become more motivated to persevere and be more resilient.

It can take a while to change a fixed mindset into a growth one. Unfamiliar with this research when my oldest kids were little, I praised them for intelligence far more than necessary and, as a result, spent years getting them to appreciate the value of effort. So don’t give up!

### MORE INSPIRATION:

**Read more on mindset** in Carol Dweck’s book *Mindset: How You Can Fulfil Your Potential* (Robinson, £7.99)

**Browse** [centreforconfidence.co.uk](http://centreforconfidence.co.uk) and click on the ‘mindset’ section

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# 'We rejected this house when we first saw it'

Tucked away in a quiet corner of East Sussex, Molly Mahon's family home is a bustling living and working space that welcomes everyone

WORDS ANDRÉA CHILDS PHOTOGRAPHS EMMA LEWIS



*The pink curtains with Molly's Wiggle & Leaf design make a pretty backdrop to a basket of wallpaper samples*



*This little door fills a gap beneath the first step of the staircase. The children pretend it's a mouse hole'*



WE ALL WANT TO stamp our identity on our homes. Block-print designer Molly Mahon does it literally – her motifs, carved in lino then printed onto fabrics and wallpaper, are in every room. 'I like the irregularity of things that are made by hand,' she says. 'That "perfect imperfection" is so joyous to look at. And I feel proud knowing that a pattern has come from my own creativity and effort. I was never trained in art and design, so there's a sense of achievement in that.'

Home – for Molly, her husband Rollo, a sports therapist, and their children

Lani, seven, Algie, five, and Orlando, two – is a higgledy-piggledy house in Forest Row, East Sussex. The family moved in three years ago, after living in a rented cottage nearby for a couple of years. 'We rejected the house outright when we first saw it,' she laughs. 'It's made of clapboard and stone, with parts dating back to the 1600s, and it's tucked down a bumpy track. It was cold and dark, with tiny leaded-light windows that were falling out and low ceilings. Both Rollo and I are tall, so we had to duck our heads to move around. But its location, charm

and size ticked so many boxes for us that in the end, we couldn't resist.'

Part of the property's appeal for Molly was the opportunity to craft a home for her family, creating a space that fits them like a glove physically and emotionally. 'It made me realise that I'm a control freak,' she admits. 'We employed an architect, but it wasn't to design the house for us; it was to enable us to achieve what we wanted. I love that we did so much ourselves; I was brought up that way by my mother, who is an artist, and my father, who was the handyman >>>





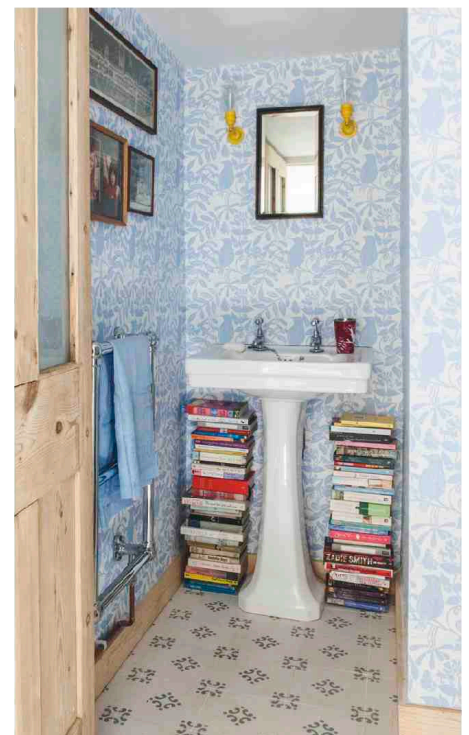
Molly made the screen of hand-painted wooden tiles on the wall above the Aga





The wooden desk in the kitchen was a gift from Molly's parents. 'It's where I write my diary, lists and cards, although it often gets taken over by design ideas,' she laughs





ABOVE: The loo is decorated with Molly's Birds & Bee wallpaper. 'I have a bit of a book obsession, so they have to go wherever I find the space.' BELOW: 'We try to make sure breakfast isn't rushed, but with three children, it's never calm either!'



*'There's nothing more evocative of home than the smell of coffee or a stew cooking,' says Molly. The blind is made from Molly's Love Dove design and the curtains are her Spot & Star fabric*

>>> of the house. It means I have to take responsibility when things don't work, but life's too short to worry about that!

Changing the house has changed how the family lives together. They lowered the floor and built higher-than-average worksurfaces in the kitchen, so now Molly and Rollo can enjoy cooking together without cricking their necks. They also relocated the staircase from one end of the living room to the centre of the house. 'Before, the house felt very divided and the children weren't comfortable going upstairs on their own. I

thought it would be a huge disruption to move the stairs but it was so easy, and it transformed the flow of the house.'

The couple had never undertaken a renovation like this before, so the project was a learning curve that revealed their strengths and weaknesses. 'When it came to the house, Rollo and I didn't always make the same decisions,' Molly admits, 'but with a bit of compromise and negotiation, it somehow culminated in the correct choices for us all.'

One of the biggest decisions was to convert the double garage at the end of

the garden into a studio for Molly. 'I love being a working mother, but I wanted to be able to do my job with my children playing around me. Rollo is often at home, too, and we've designed the house to integrate our work and family life,' she explains. The older children attend the local Steiner school, where creativity and self-expression are encouraged. 'When they come home, they take out their paints and play around my feet,' Molly says. 'We tend to keep media to a minimum in the house, so I wouldn't work on my computer in front of the >>>





'I love to get to work straight after breakfast,' says Molly. 'I feel so satisfied if I've created a new design or been printing'

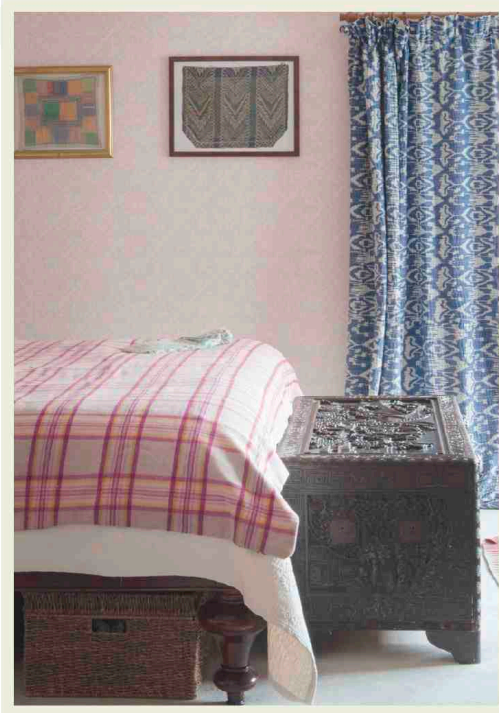
LEFT: 'These are some of my new fabric designs. I make them into cushions and lampshades or sell fabric by the metre'



>>> children and they don't watch television.' Instead, she can watch them climb trees or pick raspberries in the garden while she carves her designs. 'And I love it when I hear Rollo organising his tools or getting the mower out of the back of the garage. We're busy with our own work, but close to each other. It's complete harmony for me.'

Achieving that equilibrium is a team effort. 'I don't have a nine-to-five lifestyle, so I have a gang of girls to help me,' laughs Molly. Her team of willing local 18-year-olds is employed on a regular, ad hoc basis to help with everything from childcare and printing to sewing cushions. 'Rollo and I plan the week on a Sunday night; I've already thought ahead about meals,' she says. The highlight of





**FAR LEFT:** Slanting ceilings and uneven windows add charm to the simple bathroom. The fish print is by Molly's artist mother

**LEFT:** 'My style is quite eclectic; I like to mix pattern and texture,' says Molly. The curtains were made from Ikat bedspreads and the check blanket came from Ardingly Antiques Fair in West Sussex

*The dresser was inherited from Rollo's grandmother. 'It's perfect as I like to be able to see the pieces we use every day, like this collection of colourful crockery,' says Molly*

each day is lunch, which is shared by Molly and her helpers. 'I make sure there's something good to eat and we set the table and light a candle. We all work hard, but I want the process to be as enjoyable as possible. It must be OK; I often have their friends asking if I have a job for them! And in fact, I prefer my working set-up to any social event.'

Having a busy home is important to Molly, who was brought up in an isolated house with few visitors. 'My father was a lawyer who worked late, so we didn't see much of him,' she remembers. 'Rollo has been brilliant at encouraging us to entertain. Anyone's welcome in my kitchen.'

Find out more about Molly's designs at [mollymahon.com](http://mollymahon.com)





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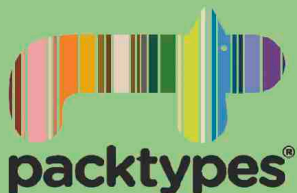
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## THE LOVE EXPERIMENT

# Be your partner's greatest fan

Every month, **Sarah Abell** invites you to try a 30-day experiment to improve your love life

## 1 THE PROJECT

When your partner has good news, do you:  
a) open a bottle of fizz and make a fuss,  
b) say 'that's nice, dear,' and change the topic,  
or c) rain on their parade by pointing out the downsides? If you answered a) you are more likely to have a lasting, satisfying relationship.

## 2 THE AIM

**If you want to make a positive investment in your relationship, be enthusiastic, positive and supportive when your partner shares good news.**

## 3 THE THEORY

Telling others about successes and getting a positive reaction is called 'capitalisation' and it is associated with more intimacy, higher satisfaction and a lower likelihood of breaking up. Psychology professor Shelly Gable and her research colleagues recorded 79 couples discussing positive and negative events and monitored their reactions. During the process, and eight weeks later, the couples were also asked to rate their relationship satisfaction.

The report\* stated that those participants whose partners energetically cheered and showed enthusiasm after hearing their positive news were most happy with their relationship overall. This is why if your partner tells you about a pay rise, a promotion or some other exciting news, it's a good idea to be attentive, encouraging and enthusiastic. How you respond to good news is even more important than whether you're empathetic and compassionate when your partner tells you bad news, the research found. So, next time your loved one tells you about their success – share their joy and celebrate.



“If your partner tells you some exciting news, it's good to be encouraging and enthusiastic”

## 4 TRY IT OUT

● **Share experiences.** Every day for a month share some good news with each other – even a small thing like a compliment you were given or a task you completed well. Write them down.

● **React positively.** Say why you're pleased, and be as specific as possible. For example, if they got a new client at work you might say, 'That's amazing! I'm so pleased for you because I know how hard you've worked and how great you are at what you do.'

● **Celebrate!** At the end of the month, take time to celebrate all the successes you have written down. Make a fuss of each other: go out for dinner, do a victory dance, break open the bubbly or have celebratory sex – whatever works for you!

***SARAH ABELL**  
is an author and  
relationships  
coach. Find out  
more at [nakedhedgehogs.com](http://nakedhedgehogs.com)*





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ORIGINAL

# Late bloomers

[ **WORK** ] Realising that the career you invested years in isn't the one for you can have the power to make even the most accomplished of us feel like a failure. But could changing your path later on, be it at 30 or 60, result in greater happiness *and* success? Nione Meakin discusses the benefits of being a late bloomer...

Does success have an expiry date? It can seem like it sometimes. In our youth-obsessed culture, it's easy to fall into the trap of thinking if we haven't got a well-established, rewarding career by the age of 35 (or whatever arbitrary benchmark we set), then we never will.

It's just not true, of course. For every Justin Bieber (13 years old when he was discovered) there's a JK Rowling (33, unemployed and on benefits when the first *Harry Potter* book was published); and for every Daniel Radcliffe (11 when he was cast as Harry Potter), there's a Vivienne Westwood (who was 41 when she held her first runway show). But why do some of us take longer than others to achieve our goals?

For a start, we don't always know exactly what our goals are. By the age of 40, Rachel Short had an interesting, well-paid job as an HR manager, an elegant Georgian townhouse and a happy family life. To the outside world, she was doing well. 'But inside, I felt like the referee had blown the half-time whistle on my life and I had been sleepwalking through the past four decades,' she says. After 'scraping' her way into university, she had become pregnant aged 20, was swiftly married and left university 'with a degree in a subject I'd never mastered, two small children and no clue about what to do to put food on the table.'

Her mother paid for her to do a post-grad business course, which allowed her to find work in admin roles. 'The

first years of my working life were all about maintaining stability as a family,' she continues. 'I fell into different jobs, but had no idea what I was good at or how to shape a career.' But she was far from a failure. 'I ended up in some interesting roles with colleagues who saw something in me that I didn't see in myself. I delivered on each challenge and my natural curiosity meant I was good at identifying industry trends.'

Yet she struggled with the sense that she had not chosen the path she found herself on and, just after her 40th birthday, she decided to retrain as an organisational psychologist. 'I realised that what I actively loved about my job was people management, in particular seeing people develop and grow. That led >>>



>>> me to think about the psychology of management – what works and what doesn't.' She is now a director at business psychologists YSC, where she supports a range of high-flying clients, and coaches older women to progress to leadership roles.

'It's been a breakthrough for me. I finally feel like I'm doing what I was supposed to do. Although I wish I had found my vocation earlier, I probably wouldn't have been as good at it because I wouldn't have had the experiences I've had. It's actually a bonus when you're working with senior corporate leaders to have had some life experience – and I think my struggles have made me a better, more empathetic psychologist.'

## Time well spent

In his discussions of the concept of late bloomers, the author Malcolm Gladwell also suggests that time spent working towards success, far from being wasted, may, in fact, be essential. While the late bloomer might initially resemble a failure, they're often just honing their talent. 'Sometimes genius is anything but rarefied,' he writes, 'Sometimes it's just the thing that emerges after 20 years of working at your kitchen table.'

Ros Barber would seem to illustrate that theory. 'In my early twenties I thought I'd be a successful novelist by the time I was 30,' she says. However, Barber was 48 before she achieved critical success with her award-winning novel *The Marlowe Papers*. In part, she hadn't stayed focused on her goal and was working in IT when she realised just how much being a writer still mattered to her. In 2000, she decided to leave her lucrative, secure job to pursue writing full-time. 'I decided to commit to doing what I love, and trust that it would work out OK.' Twelve years later, it did. But it was a combination of

determination, desperation and luck that eventually saw her through to the finish line. 'We had remortgaged the house by this time, and the fact that I couldn't afford for the book not to be a success meant I didn't take the knock-back when my then-agent said she didn't think it had any commercial potential,' she explains. 'I asked a successful novelist I knew for a second opinion. She was on her way to meet her agent so she spoke to him about my book. He asked to see it and four days after I signed with him, we had an offer.'

Despite her earlier assumptions, Barber now believes that she couldn't have achieved her success any earlier. 'I was a mass of insecurities when I was younger – my biggest handicap being I didn't understand people,' she reflects. 'And you can't write good, convincing

characters if you don't really know what makes people tick. I needed to sort myself out, to clear out my emotional debris. Once I had clarity on my own issues it was much easier to understand other people, leading both to better fiction and better literary soirees!' Her earlier career in IT taught her the cost of not pursuing her true ambitions, specifically that 'while money and job security are nice, they mean nothing at all when you're miserable.' Success, she says, is all the sweeter for the effort and risk it has involved.

Sometimes, the key is letting go of expectations – both other people's and your own. Juliet Landau-Pope was working as a tutor for the Open University when she secretly began training as a professional decluttering coach. After an Oxford education and several years

# What I know now that I wish I'd known then...

The key to changing course is letting go of expectations – both other people's and your own. Here's how to get started:

## ● Don't stick to something just because it's familiar.

'Women in particular can end up doing things they've been told they are good at and can take longer to tap into what they really love doing,' says Rachel Short. 'You might be outwardly successful, but if you don't have a passion for what you're doing, it doesn't feel like you're blooming.'

## ● Keep an open mind.

Maybe you'll take a detour on the path to what you want to do; maybe you'll change

fields entirely; perhaps you won't find your real vocation until you're 60. 'Get rid of your assumptions about what life is supposed to look like,' advises Juliet Landau-Pope, 'and don't worry what anyone else thinks. It's not about them.'

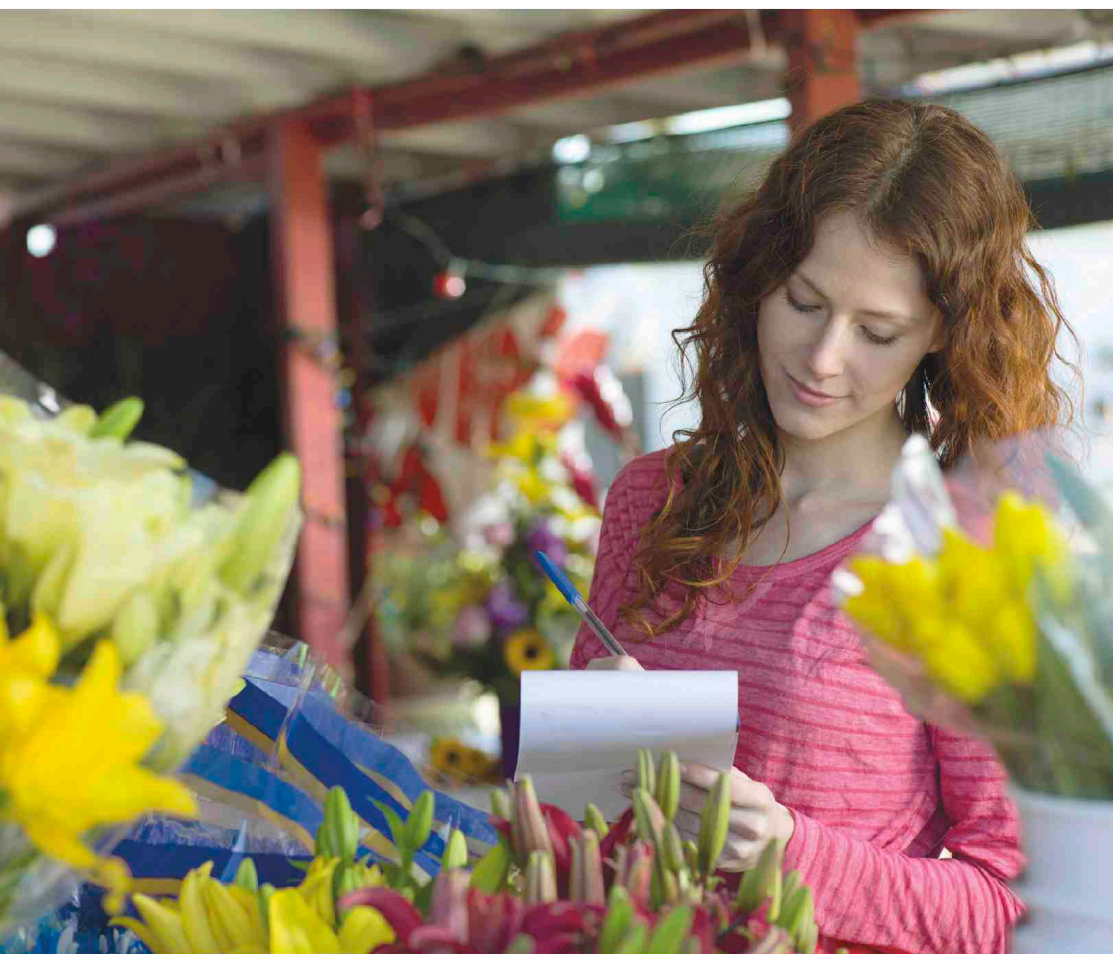
● Value your experience. Whether you've been writing unpublished poems for 10 years or investing in a career that you eventually abandon, don't berate yourself for wasting time. Sometimes, being in

the 'wrong' job can help you identify what you really want to do, and you will often have developed skills that end up giving you an edge over others.

## ● Don't give up.

It sounds trite, but sometimes success really is about perseverance. What you do may not be in fashion at the moment. Maybe you can't afford to retrain right now. You might not be good enough yet. It doesn't matter how long it takes, just that you get there eventually.





“Although I wish I had found my vocation earlier, I probably wouldn’t have been as good at it, because I wouldn’t have had the experiences I’ve had”

in academia, she was self-conscious about the way colleagues would view her change in direction. ‘I thought people would think it wasn’t a “real” job; that it wasn’t intellectual enough,’ she admits.

But going public soon became unavoidable. ‘Some people grow up knowing what they want to do and I’ve always envied them. I just followed the path available to me, but it’s only now that I’ve begun to feel truly confident and fulfilled. I found coaching practical, proactive and positive. It was exactly what I went into teaching for but much more goal-orientated and holistic.’

She embarked on two years of training and now, aged 51, runs her own business. ‘These days, I’m fine with people who question whether this is a waste of my education. It doesn’t bother me because I know it’s what I love doing. I

love the fact that for the first time in my life, I haven’t stepped into an established role with a job description, overseen by a line manager, but something that I’ve created myself. I have always known what other people expected of me, but now I get up in the morning and decide what I want to do,’ she says.

### What’s ‘late’ anyway?

The notion of being a late bloomer is, of course, entirely subjective. In some fields, being in your twenties could be considered ‘late’. Journalist Naomi Loomes was 27 when she decided to retrain as a lawyer and already felt she had missed the boat. ‘The people I remembered doing law at university were long since qualified and practising, and I wondered how I would ever catch up with them,’ she recalls. ‘I really

struggled with the thought that I had completely failed in my earlier career and that people would question my commitment to law, because it wasn’t there from the start.’

Actually, employers saw her earlier experience as a benefit and she has started to feel the same, too. ‘I’ve now decided the “what if I were 21...?” thoughts are entirely circular. I would never have developed an interest in law if it wasn’t for working in journalism, and I wouldn’t have got my first law job as a researcher on terrorism cases. I feel those five years in journalism surfacing in every meeting I hold with the opposing party, because they taught me there is little point antagonising people and that there are always two sides to every story. Those are things I could never have known or been taught aged 21.’



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## ESTHER PEREL on relationships

# “My partner is lazy in bed”

What do you do if your partner stops making an effort? Esther Perel suggests how to start a conversation about what works for both of you

**T**amsin had been going out with her boyfriend John for a year. ‘When we first met, he was very generous in bed but now he’s only focused on his own sexual needs. It’s like he can’t be bothered any more and I feel unloved and used.’ Not only does Tamsin feel sexually disappointed, but she also can’t engage John to try and improve the connection.

‘John is very sensitive and, if I say anything, he says I’m too demanding. I thought he was the one I want to spend the rest of my life with, but I don’t know how to interpret his response.’

Let’s look at what might be happening. At first, John was generous and attentive, and Tamsin felt looked after and loved. But now it feels as if John is taking pleasure, and leaving her with a feeling of emptiness after lovemaking.

Typically when we want to change something in our relationship, we tend to say what we don’t like, what the other does wrong, and where they need to change. So I encourage Tamsin to tell John what feels good, and how he could make her feel even better. From that positive place, she can introduce requests that don’t come across as criticisms. She can also ask if there is anything he’d like Tamsin to improve.

Men are socialised to be sexual studs who know exactly what the woman

wants without her having to tell him. Women are fed the same fantasy. As a result, women are often not adept at giving feedback, waiting until they are upset to blurt out their disappointment. Men often tell me women are too ‘instructive’ when it comes to their sexual needs. It would be good for Tamsin to think about this and see how she handles her communication. Is she too verbal? Sometimes just taking his hands and putting them where you want is enough. Is she too goal-oriented – does she really have to ‘achieve’ a vaginal orgasm every time?

As for men, they can be defensive and take any feedback as criticism or a statement of their inadequacy, especially if you tell him he’s doing it *wrong*. The oversensitive man will then either shut down and withdraw or storm out, saying how demanding you are. It’s a threat which, to him in that moment, feels like survival so as an instinctive reflex, he says to himself, ‘it’s not me, it’s you’.

Tamsin says she feels ‘used,’ so I encourage her to explore why. Is that because John just walks away or rolls over and goes to sleep? Or does he go and have a shower, leaving her to feel like sex is dirty because he needs an immediate post-coital clean-up? Is it because he doesn’t ask her how it was



*ESTHER PEREL is a psychologist, author and speaker regarded as one of the world’s most insightful voices on sexuality*

**GOT A QUESTION FOR ESTHER?**  
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for her? Is it because she has other expectations (cuddling, gratitude) that are not met or is it because of not being satisfied physically? It is OK not to have intercourse and even experience orgasm every single time that you have a ‘sexual encounter’, according to couples in long-term relationships who rate themselves as satisfied (as long as you have a good feeling afterwards).

I wonder if his complacency is only in the sexual area of the relationship. Or is there a general lack of investment on his part? This is an important distinction.

If Tamsin cannot change the cycle, I recommend seeing a psychosexual therapist. If, in the end, John only shows up when he’s pushed to, she may need to reconsider her future with him.

### MORE INSPIRATION:

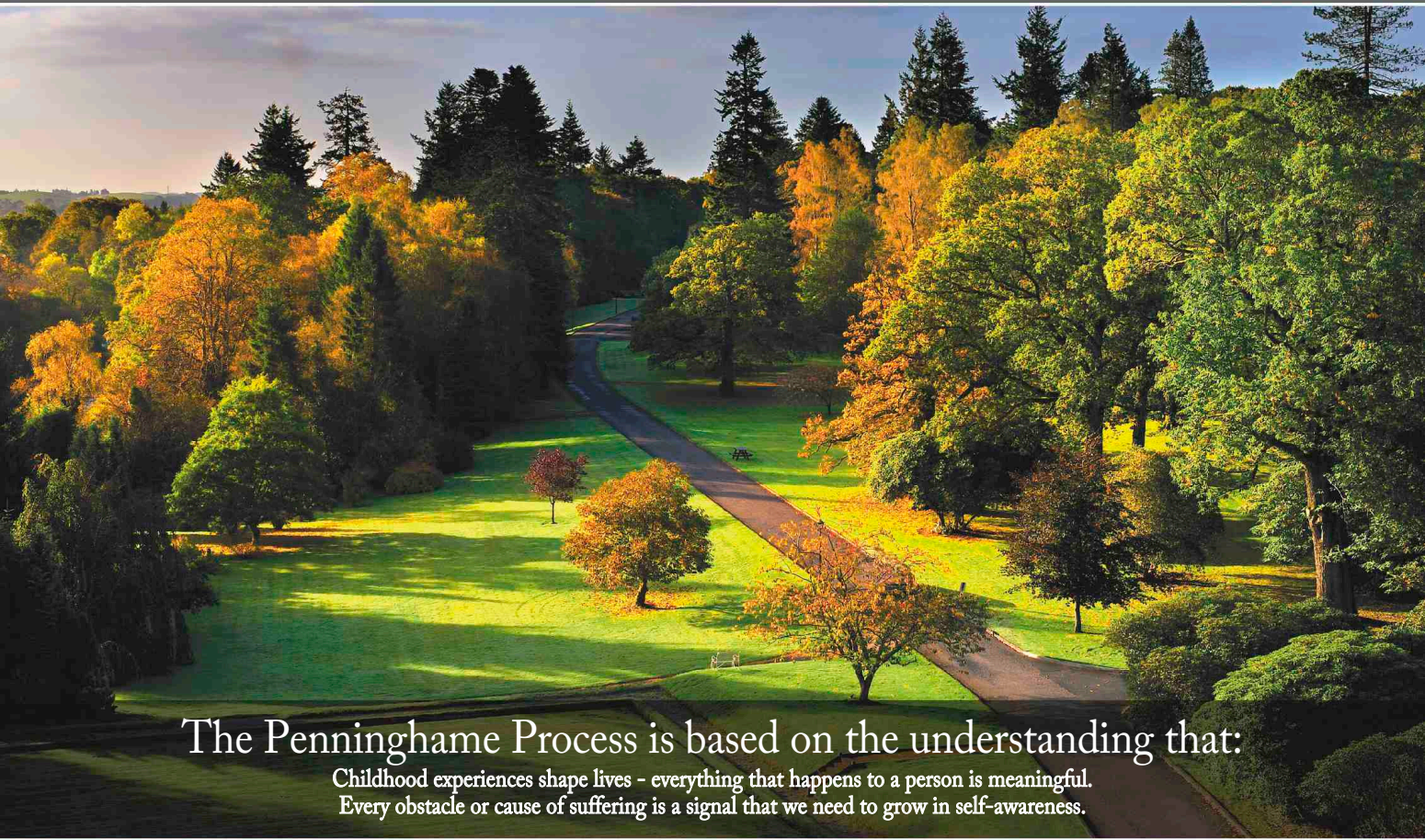
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# Be yourself

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# Free your MIND

[ SELF ] Therapy is no longer a big deal – if you need it, just do it. But how do you know if you really need it? And which sort of therapy should you choose? Louise Chunn explains and, overleaf, two therapists discuss cases where they made a difference

What can you do if your life is making you miserable? You've read all the books, used the mindfulness app, talked to your friends and family... and still you feel there is something wrong. Maybe you are dealing with one of life's derailing events – a relationship ending, redundancy, the loss of someone close to you. Or perhaps you have always felt at odds with the world and its happy-seeming people. Perhaps you've tried talking with a life coach, or even had some Cognitive Behavioural Therapy (CBT), through the NHS after seeing your GP. You may even have tried medication for depression or anxiety, but still you feel the need for professional help.

Deciding to seek therapy is a big step, requiring you to be open about private matters, attend appointments – even if you don't want to – and spend

a fair amount of money for the privilege. You may fear that others will see you as needy or damaged. Actually, the stigma around therapy is reducing – you'd be surprised how many friends and colleagues have already taken this step. It's not a weakness to seek therapy; it shows you have strength to face your demons and to change.

## If you're still uncertain, ask yourself these questions:

- Do you feel that you are running into the same problems again and again?
- Do you think about past traumas for unreasonable amounts of time?
- Do you feel that your work or home life is suffering?
- Do you no longer enjoy things that once gave you pleasure?
- Do you find yourself drinking/overeating/taking drugs to feel better?

Answering 'yes' to a number of those questions above would indicate that

counselling or therapy could help you, so what should you do next?

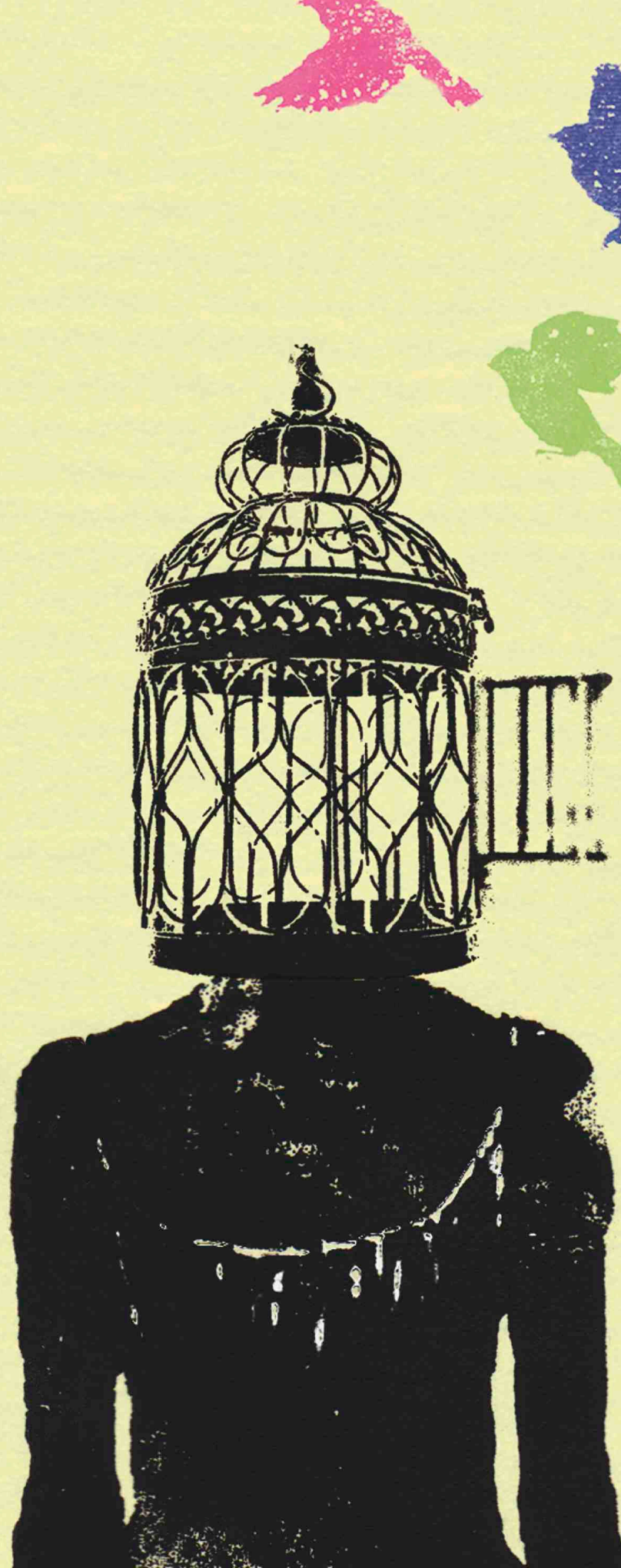
## Taking the first step

Visit the websites of the accrediting associations, such as the UK Council for Psychotherapy or the British Association of Counselling and Psychotherapy. New website Welldoing.org asks questions to match you to the therapists most suited to your needs. Make sure whoever you see is trained and insured.

You could have initial meetings with a few professionals until you find someone you feel you can trust. Your therapist should support you in a non-judgmental way, and may also challenge your thoughts and actions. Fees can be pricey, but many therapists will agree to a reduced fee if clients cannot afford it.

*The British Association of Counselling and Psychotherapy ([itsgoodtotalk.org.uk](http://itsgoodtotalk.org.uk)), the UK Council for Psychotherapy ([psychotherapy.org.uk](http://psychotherapy.org.uk))*

>>>





## HELP AFTER A TRAUMA

“She was the kind of person who would never have had therapy without this trauma to deal with, but it was a life-changing experience for her”

*Nicole Addis is an integrative therapist working in the north-east of England*

‘MY CLIENT, JENNY, was a middle-aged professional woman, used to making decisions and taking charge. In my experience such people can be difficult to engage with therapy; they see it as a sign of weakness. But she had been mugged and wasn’t coping, so her employers arranged her visits.

Even though she was suffering from fear, headaches, lack of sleep, nausea and panic attacks, she clearly didn’t want to be there. For her, I don’t know which was worse: the trauma or the idea of therapy.

Talking to Jenny, I felt that the incident and her reaction to it didn’t quite match up. Obviously it was hideous to be mugged, but I felt that there was something deeper going on. But I had to be careful – she didn’t come to me for psychotherapy, but to get back to work. I was worried about raising the question of her childhood – she could have just walked out. But I truly believed it was a risk worth taking. Jenny focused on me, then her whole body softened and for first time I saw not trauma tears, but life tears.

We all have dos and don’ts that our parents have handed down to us, and for her it was: ‘Get up and get on with

## What type of therapy?

How therapy progresses depends on the particular training of the therapist. Here are some of the most common types:

### ■ PSYCHODYNAMIC

focuses on underlying causes for distress, such as family, childhood and school experiences. You may finish in 12 weeks; you may still want to see your therapist years later. Fans of psychodynamic believe it helps them understand themselves better; therapists tend not to share their own experiences, but they are not silent (that’s psychoanalysis, which is far less common).

■ HUMANISTIC focuses on personal development. Therapists are empathetic and will share their own experiences. Brands include Existential, Gestalt, Person-centred and Core Process.

### ■ INTEGRATIVE

therapists use a mix of humanistic therapies and other training, such as psychodynamic. Transactional Analysis is one of the styles often included in the term ‘integrative’.

■ TRANSPERSONAL covers styles such as Jungian and psychosynthesis, which set out to involve the whole of the person – emotional, physical, mental and spiritual – in the therapy. The aim is to encourage personal growth and tap into creativity. There is much more of a spiritual focus than in most other forms of counselling or therapy.

### ■ COGNITIVE

BEHAVIOURAL (CBT) focuses on overcoming negative thought-patterns that lead to unhappiness. It is usually short-term and can involve homework. It has won the recommendation of the National Institute for Health & Care Excellence for conditions including depression, eating disorders, anxiety, and panic attacks.

■ NEW STYLES are evolving all the time, such as mindfulness-based stress reduction (MBSR) and eye movement desensitisation (EMDR). Part of therapists’ training involves keeping up to date with new methods of treatment.

it; just cope’. Jenny, her mother and her grandmother had struggled, but Jenny had gone to university, got a good job, married, had children, divorced, and was now independent. Now, she couldn’t pick herself up in the way she had before. That trauma felt like failure and shame to her.

I saw this strong, determined woman turn into a small child. She told me a memory of being four years old, feeling trapped and helpless – all the things she was feeling now. In surviving that incident as a young girl, she decided that if she couldn’t run or fight, she would shut down. That was what was happening now.

It was a gateway to showing her she could accept this feeling. Over the

following sessions, we talked about her adult life. She started to realise that she didn’t let people get too close; that she had stopped caring for herself and her appearance. That changed too. She lost weight, bought new clothes, treated herself.

Jenny had learnt from the women she’d grown up with that if you stay down, you get kicked; if you get up, you’ll stay strong. Understanding the effect of that on her as an adult – keeping her distance from others, not feeling she was worthy of treats – gave her back her confidence. She would never have had therapy without having had a trauma to deal with, but it was a life-changing experience for her. She told me that it brought her back to herself.’

ILLUSTRATIONS: KATIE EDWARDS/GETTY IMAGES



## A CURE FOR COUPLES: TALKING

“Engaging fully in communication is key: we all need to say what we need to say, and to feel that we are being heard, in order to feel loved”

*Gilead Yeffett is a London-based psychotherapist who sees couples and individuals*

‘DAVID AND LUCY had been together for 10 years and had two children. But they were bickering all the time.

In couple relationships, a lot of communication is coded. A tiny movement or word from one can trigger so much in the other. I asked Lucy to accuse David of something she didn’t like. She said: ‘You always roll your eyes when I ask you to help around the house. I feel patronised.’ Then David had to repeat what he’d heard, and say how that made him feel. It’s an emotional moment for couples – things are revealed that they have never heard their partner say before.

They also had the chance to respond to the accusations. ‘Always’ and ‘never’ are sweeping statements. David said

how he takes the initiative without being asked and he feels patronised when told what to do. This helped them both see how they use punishment – patronising – to meet their needs.

A few weeks into the process I tried Attachment Theory, which concerns the relationship a child had with their primary carer – it can shine light on our relationship preferences. David had an anxious attachment style and Lucy wanted more from him: she told him she wanted him to ‘man up’. David was hurt by this. I wanted to know what she meant. ‘I want to feel he can protect me, not necessarily physically, but if I have a problem, I’d like him to help without getting worried himself,’ she said. By looking at their beliefs about a man’s or a woman’s contribution, both Lucy and David realised they could focus on their common purpose: envisaging their relationship in the future.

We looked into how they connected and what happened when that broke down. The usual pattern is connection, rupture, then repair. A good fight can help us negotiate our needs and understand what we are willing to give up and what we’re not. What’s important is how a couple moves between these disconnections.

Lucy and David learnt to engage fully in communication instead of bickering. Making this change, which is difficult and risky, often needs a third party, such as a therapist. It can feel awkward at the beginning, but once we get a good command of it, like a new language, it flows more naturally.

After 12 weeks, I could see many changes. They had learnt to repair after disconnection, how to listen and confront emotions such as fear of being abandoned in Lucy’s case and being a failure, in David’s case. We all need to say what we need to say, and to feel that we are being heard, in order to feel loved.’



# Free yourself from stress

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## THE WORK EXPERIMENT

# Ever feel like an imposter at work?

Every month, **Oliver Burkeman** invites you to improve your work life

## 1 THE PROJECT

'Imposter syndrome' is that nagging feeling that you're nowhere near as good at your job as people seem to think – and that, any day now, they'll find you out. Ironically, it afflicts talented people the most, but there are things you can do to break free of it.

## 2 THE AIM

The root cause of imposter syndrome is a truth almost too obvious to point out: no-one can see inside anyone else's head. Your inner monologue – the voice that keeps telling you you're incompetent – is the only one you ever hear, so it's very easy to assume you're the only one with inner doubts. But it's been estimated that 70 per cent of us suffer such thoughts, with women affected most.

## 3 THE THEORY

We're always hearing how important it is to be confident and assertive at work. But the better everyone gets at crafting a self-assured facade, the easier it is to feel like you're the only one who lacks confidence on the inside. Moreover, the people who genuinely are bad at their jobs usually don't experience imposter syndrome – because they're too incompetent to realise how untalented they are. This is known as the 'Dunning-Kruger effect'. Meanwhile, the better you get at your job, the more you'll become aware of further skills and knowledge you don't yet possess – so feeling like a fraud can be evidence that you're improving. In short, if you feel like an imposter, that's a good reason to believe that you aren't.

**OLIVER BURKEMAN**  
is the author of  
*'The Antidote:  
Happiness for  
People Who  
Can't Stand  
Positive Thinking'*  
(Canongate,  
£8.99)



“The better you get, the more you'll become aware of skills you don't yet possess”

## 4 TRY IT OUT

- **Admit vulnerabilities.** If you tell a colleague about self-doubt, she'll probably say she feels the same. If you're a manager, the most helpful thing you can do for employees isn't showing them your brilliance – it's being open about your insecurities.
- **Remember the company you're in.** The list of famous people who've confessed to feeling like they're fooling the world about their talents is long, and includes people like author Maya Angelou, comedian Tina Fey and Facebook's Sheryl Sandberg. That alone should be reason to distrust your doubts.
- **Get objective about your achievements.** When imposter syndrome strikes, it's hard to remember the truth about your abilities. So make an objective list of skills and accomplishments, keep it within reach, and refer to it when the inner critic pipes up.







# The art of bouncing back

“I have not failed. I’ve just found 10,000 ways  
that won’t work” Thomas Edison

We all know by now that mistakes, setbacks and failures are a part of life. There’s not much we can do to control the challenges we come up against, and while we might try to prevent the inevitable hiccups, it’s how we react to our disappointments that truly counts. But what makes some of us more resilient than others? Why do some people have more elasticity when it comes to bouncing back, and is it something we can learn to create for ourselves?

This month, we’re discovering the secrets of resilient people and using them to develop and improve our own resilience levels for unlimited bounceback-ability...

PHOTOGRAPHS TRUNK ARCHIVE



## REPORT

# SECRETS OF RESILIENCE

Do you admire those who seem to bounce through life, enduring setbacks like the rest of us, yet never letting it shake them? Some people may be more naturally resilient than others, but hope is not lost for those who find it more difficult to dust themselves off after a fall. Anita Chaudhuri investigates the secrets of resilience...

Wherever you are reading this now, there's probably a good chance you are within sight of a device that owes its existence to Steve Jobs, co-founder of Apple. What's less well known perhaps is that at one point, Jobs was fired by his own company. Like countless other individuals, he found himself on the road of trials, but thankfully, he didn't let that define him. As one of Hollywood's first 'It Girls', actress Mary Pickford once quipped: 'Failure is not the falling down, but the staying down'.

From Oprah Winfrey, who was once told she didn't have what it took to be a TV presenter, to Stephen King's 30 rejections for his first book *Carrie*, to Jay-Z who had to sell CDs from his car boot after no record label would sign him, most of us will experience difficulties and disappointments.

Severe setbacks are, of course, the stuff of great stories. For example, if Elizabeth Gilbert hadn't experienced the agonising breakdown of her marriage, she would never have embarked upon the quest that turned into *Eat, Pray, Love*. If Cheryl Strayed's mother hadn't died, and if she herself hadn't subsequently turned to drugs, then

there would be no *Wild*, the gripping account of walking the 1,100-mile Pacific Crest Trail to find herself.

Such narratives move and inspire us; they remind us that setbacks are all part of the hero's journey. But when our own lives go wrong, it can be hard to find a path out of the woods. And matters are rarely helped by those lucky Pollyanna types we all know, who are always able to chirrup about making lemonade when life gives them lemons.

### CAN IT BE CULTIVATED?

Why is it that some of us are better able to withstand the slings and arrows of fortune than others? And what strategies can we adopt when we simply can't envision brighter days ahead? In psychological terms, the ability to cope and thrive during tough times is known as resilience, and the good news is that it's

a quality we can all learn to cultivate.

Resilience is defined by the American Psychological Association as: 'The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress and bouncing back from difficult experiences.' Resilient people have an approach to life that is characterised by realistic optimism, self-confidence, a sense of humour, the ability to stay focused under pressure, not being easily defeated by failure and finding meaning even in negative experiences. They often have a track record of dealing successfully with stressful situations. Such people also tend to be happier and more successful than their less resilient counterparts.

In many lives, a certain amount of challenge can actually be a good thing, helping you to cope better in the future. For the book *Extreme: Why Some People Thrive At The Limits* (OUP, £16.99), psychologist Emma Barrett and biologist Paul Martin studied round-the-world yachtsmen, mountaineers, and those involved in extreme missions including a particularly earthy account of astronaut James Lovell's two-week Gemini 7 mission to orbit Earth in 1965.

Barrett says that her goal was to try to understand why some people are able to withstand extremely tough >>>

"Resilient people have an approach to life that is characterised by realistic optimism, self-confidence, a sense of humour, and finding meaning even in negative experiences"







>>> physical and mental environments. Do these people possess some exceptional psychological strengths?

‘The qualities that people need to survive in extreme environments are not all that different from what you and I need in our everyday lives,’ explains Barrett. ‘Being able to get on with others in an isolated environment is a more extreme example of what we have to do every day when we go to work, for example. A lot of the people we interviewed said that they didn’t think of themselves as being particularly extraordinary – all they did was train and prepare well beforehand. Hard work, persistence and motivation to succeed were the factors that enabled them to get through the extremes and achieve extraordinary things. Those are all qualities we can use to get through tough times in daily life.’

The research also has some encouraging news for anyone who is brave enough to push past their limits. Developing the resilience to survive difficult environments isn’t just about coping and surviving in the moment, it appears to give us ‘stress inoculation’ for future difficult experiences.

‘In fact, most people who venture into extreme environments cope remarkably well with the physical and psychological hardships. Their stress levels decrease over time and they often find later that overcoming adversity has brought lasting positive consequences,’ says Barrett.

## MENTAL TOUGHNESS AND HARDINESS

Apart from surviving past difficult times, there are certain other factors which influence a person’s resilience, too. For example, there is some evidence towards a genetic link as illustrated by several studies with twins who were separated at birth, suggesting that some people are more genetically vulnerable

## HOW TO CULTIVATE RESILIENCE

**1 REFRAME FEAR.** The physical symptoms of stress and fear are remarkably similar to those of excitement – a raised heart rate, blood pumping and sweaty palms. ‘When symptoms of fear kick in, try reinterpreting them. For example, if you’re about to speak in public, tell yourself, “I’m feeling like this because I’m hyped up. This is exciting, it’s adrenalin and that’s a good thing”. If you control your thoughts, your physiology will be better able to cope with the situation,’ advises psychologist Emma Barrett.

**2 CHANGE YOUR SCRIPT.** People who generally do well in interviews and appraisals tend to be naturally good at putting a positive spin on negative experiences, explains John Lees. ‘Resilient people understand that there are always two possible narratives, the downward slope towards victim mode and the story that’s all about growth. So they’ll tell you: “I was fired from that job, but it enabled me to learn something life-changing...”’

**3 BE CAREFUL WHO YOU PANIC WITH.** ‘Sometimes the best thing you can do when things are going wrong is just take yourself offline. Go for a walk and pause for reflection, rather than let others around you witness you losing it. This is particularly pertinent at work,’ says Lees.

**4 POSTPONE WORRY.** If something is bugging you, it can help to exercise some containment. ‘Make an appointment for worry. Tell yourself you’ll worry about X on Tuesday at 3pm. Mark it in your diary, if need be. Chances are that the worry will have lost its charge by then,’ says Lees.

**5 RESILIENCE ISN’T ABOUT REINVENTION.** ‘You don’t need to become a different person to be resilient,’ says Lees. ‘Self-awareness isn’t about improving in all directions. Sometimes it’s about ‘fessing up, saying “I’m not a good organiser or I’m not good at reading people.” If you do that, then you can honestly turn to others and ask for help.’

to such things as stress and Post-traumatic Stress Disorder.

There are two basic personality factors that allow some people to be more naturally resilient than others. The first is the trait known as ‘hardiness’. This characteristic has three main elements: a commitment to seeing life as meaningful and interesting; a belief that a person can influence events, and a tendency to look at all experiences you have as opportunities to learn and

develop. Hardy individuals are more open to change; they tend to interpret any stressful experiences as a normal part of life, and they are less susceptible to boredom. One study\* found that Gulf War veterans scored higher than average on this.

The other personality factor is a quality described as ‘mental toughness’. People who score highly on mental toughness tend to be persistent, focused and confident in their abilities. They are



## THE DOSSIER

"It's helpful to bounce off people around you rather than simply being trapped in your own anxiety. Asking someone else 'how worried should I be about this?' can really help"

### RESILIENCE AT WORK

Some areas of life are more prone to acute stress than others. In today's challenging economic climate, work has become something of a minefield for fear and anxiety. 'In our personal lives we have more of a buffer in terms of getting things wrong,' says career coach John Lees, author of *Secrets Of Resilient People* (Hodder, £9.99). 'In a work setting, how you react to pressure can be highly visible and could have a huge impact on your future prospects. Unfortunately, people's professional reputations are no longer built on a drip-by-drip basis. Instead, a new boss will often make up their mind about you very quickly. They will decide whether you're promotable on the basis of maybe three or four instances of visibility throughout the year. If you were emotional or behaving a bit oddly on one of those occasions, that can have negative consequences.'

'Meanwhile, many of us are working long, often unrecorded hours, and frequently doing a job that would have been done by two people in the past. All of that is eroding our resilience in the workplace.'

However, Lees points out that resilience is something you can learn to foster. 'Resilience is about building protective layers,' he says. 'Know that life is going to send you difficult experiences so the more layers you have, then the easier it is to accommodate sudden >>>

better able to withstand external pressures and cope with anxiety, as well as endure hardship and pain, and they also tend to be responsive to new sensations, self-disciplined in their everyday lives, and not prone to worrying.

Personality is only one factor here, however. Fortunately, we can all cultivate behavioural strategies to boost our levels of resilience, and the big area in which we can all do this is in our social connections and support. 'If you look at

the studies, the people who have strong social bonds are more resilient,' Barrett points out. 'If you share your experiences with other people who you trust, that helps to keep your own fears in perspective. It's also helpful to bounce off people around you rather than simply being trapped in your own anxiety. Asking someone else: "how worried should I be about this?" can really help. Asking for help is another factor that influences resilience.'



>>> “Being resilient means learning that it’s not always about you, and adopting a new response mechanism. Get in the habit of assuming other people’s motives are positive as a default”

changes and upsets without them affecting your life happiness overall.’

An example of a ‘layer’, according to Lees, would be knowing how to say no appropriately. ‘Have a set of practised scripts in your head to cope with inappropriate demands, for example. Don’t just try to improvise on the spot – decide in advance how you are going to deal with certain difficult situations,’ he explains. ‘For example, imagine your boss asks you to stay late to finish some work. If this is a one-off, your best answer is “no problem”. But if those demands are becoming more frequent, then your job is actually being renegotiated around you outside your control, and you need to turn this around.

‘Resilience is all about taking control. Rather than having a tantrum, or agreeing and being resentful, try saying: “I can do that job tonight, but that means I won’t have time to do X tomorrow, as I’ll need time off in lieu”.’

Another layer of resilience you can build is understanding, if you’re overly attuned to criticism and rejection. ‘Some of that is down to your individual personality, so it’s not about changing that part of you,’ Lees points out.

‘It’s just knowing when to seek feedback from someone else, rather than immediately jumping to the negative conclusion that someone has been rude or ignored you or trampled all over your

ideas. If possible ask another person who was in the room for their opinion. Say, “was that just me or...?” Being resilient means learning that it’s not always about you, and adopting a new response mechanism to situations.’

As a general rule, Lees suggests we get into the habit of assuming that other people’s motives are positive as a default. ‘Just tell yourself honestly, “I know myself; I know I tend to see the dark side and jump at shadows. So from now on, I’m going to check if something is on the radar of other more objective people”,’ he advises.

Lees adds that the term ‘resilience’ is scientific, referring to how a physical property would regain its original shape when put under pressure.

‘In psychological terms, we don’t necessarily want to return to our former “shape”, because we learn from tough situations and might want to adopt a new behavioural style. Instead, it can be about growing into yourself as a person who is more attuned to the stresses around them. Rather than bouncing back, perhaps we should instead focus on bouncing right.’

## BE HOPEFUL

At the heart of resilience, it’s clear that what we are really accessing is hope – that magic quality that allows us to rise above the repeated knocks and disappointments of life.

As the ever-wise writer, speaker and researcher Brené Brown observes in *The Gifts Of Imperfection: Let Go Of Who You Think You’re Supposed To Be And Embrace Who You Are* (Hazelden, £11.50): ‘We develop a hopeful mindset when we understand that some worthy endeavours will be difficult and time-consuming and not enjoyable at all. Tolerance for disappointment, determination and a belief in self are at the heart of hope.’







## A STORY OF RESILIENCE

JK Rowling isn't someone we associate with failure; her personal story of determination to not only survive, but thrive, has been told like a fable worldwide. In her 2008 Harvard Commencement Speech, she told the world that before the success of *Harry Potter*, and after the break-up of a short-lived marriage, being unemployed, a single parent, and broke: 'I was the biggest failure I knew'. But could realising yourself as an epic failure not be the end of life as we know it, but in fact, the beginning?

“ Why do I talk about the benefits of failure? Simply because failure meant a stripping away of the inessential. I stopped pretending to myself that I was anything other than what I was. I was set free; my greatest fear had been realised. And so, rock bottom became the solid foundation on which I rebuilt my life. Some failure in life is inevitable. It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all – in which case, you fail by default.’

JK ROWLING



## Q&A

# LEARNING TO LIVE AGAIN

It's possible to cultivate keys to resilience but can we really bounce back from most of life's major setbacks? Psychotherapist Abigail Eaton-Masters, who specialises in 'bounceology', believes we can

INTERVIEW ALI ROFF

### **Is it possible to bounce back from anything – no matter how bad?**

Yes! I have worked with people who have experienced war zones, financial ruin, been lost in grief or have had their homes taken away from them. It can be hard for some to believe that you'll ever come out of it alive, but if you can search inside and dig out a grain of hope that it could get better and that you want things to improve, then you're already on the right path.

The first step in bouncing back is to tell the story out loud and be heard by someone. This enables you to let it go; to experience feedback and move forward. I've especially found that women with stories of abuse bottle up their violations and internalise them, which affects their beliefs and how they perceive the world.

### **Why can bouncing back be so difficult to do?**

As human beings, we're so good at telling ourselves the story of 'what has already happened', that there can be a tendency to get stuck in reliving the event or expecting more of the same to come. This is especially true when we allow these thoughts to stagnate rather than be released.

Imagine sucking on a slice of lemon. Notice how your eyes may squint, the corners of your mouth pull in, or your mouth watering at the thought. The same applies with anything that you think of; there's a physical and emotional reaction. So if you are consumed with thoughts of whatever has happened to you, then it can be difficult to see through to your truth of now as on some level, you are reliving the event every time you engage with it.

### **Why is it important for us to pick ourselves up and move forward after a setback?**

Simply because life is for living. I know exactly what it's like to get lost in a story of despair and depression, to feel

worthless, with no meaning or purpose, but if you don't pick yourself up, nobody else can do it for you. If you want things to change, then it has to start with you. Nobody can rescue you – you have to be your own hero. Feeling empowered and uplifted is a feeling you can claim – you just have to be willing to start. The question is – are you willing?

### **What's the best story of resilience and bouncing back you have encountered?**

I feel honoured to be part of a huge bounce-back movement, where I get to witness many people change their stories of woe into 'wow'. Nailing it to one story is impossible, but I love to read about well-known people who have encountered trauma or hardship, and are now doing positive things in the world. For instance Jim Carrey, Will.I.Am, Oprah Winfrey, author Kris Carr, and life coach Anthony Robbins all have experienced traumatic events and are now wildly successful and have a practice of giving back.

### **So, how can we bounce back from... a relationship break-up?**

When a break-up has been unwanted, many women go into states of panic and bombard themselves with unhelpful affirmations such as, 'I'm unlovable', 'there's something wrong with me' or 'I can't cope'. What's useful to counteract this fear state is to engage in nurturing activities, such as discussing your feelings with a friend or therapist, cooking a delicious meal, having a massage or hair appointment. If there is no chance of reconciliation, this is the perfect opportunity to gain clarity on what you want from future relationships. The right answers always feel right.

### **...a loss of confidence at work/ in your career?**

There could be numerous factors that influence your ability to excel at work, such as your home life, your relationships

*"If you want things to change, it has to start with you. Nobody can rescue you – you have to be your own hero. The question is: are you willing?"*



and health. If, however, you feel it's not something you can pinpoint, loss of confidence can be a wake-up call that it's time to make a switch. Ask yourself if your career is fulfilling. Does it give you a sense of purpose or passion? If not, what does? What's that one thing that people come to you for, which is so ingrained in you that it doesn't even feel it deserves attention? Start there and watch exciting prospects unfold.

#### **...a period of low mood and depression?**

It's typical of a person who is experiencing some sort of low mood disorder to want to retreat into their own bubble. While this can be helpful in the short-term to reflect on the situation, extended periods can worsen symptoms or feelings. Be sure to spend time outdoors each day and stay connected, even if only with a few selected people. Diet can play a big part in bouncing back from low mood too, so ensure yours is supporting you and not depleting your energy.

#### **...the death of someone you love?**

There are many stages of grief when a loved one has died, which can be a conflicting and confusing time. As each stage of grief comes up for you, whether that is incredible sadness, anger or even disbelief, honour that feeling rather

**"Spend some time outdoors each day and stay connected. Make sure your diet is supporting you too, and not depleting your energy"**

than wish it would disappear. Expect various feelings to come up within the first year of your loss, and know that that is OK.

#### **...a loss of trust?**

Building up a wall of mistrust only keeps you stuck and stagnant, where life, people and experiences have no way of touching you. Above all, it starts with you – start by trusting that you make good choices – you have in the past and you can again.

#### **...a criticism against your personality or abilities?**

Even knowing logically that uncompassionate criticism can stem from another person's own perceived shortcomings, when criticism is aimed towards you, it can feel like a blow. It's important not to let that one negative person derail you and it's useful to begin a swipe file of all the good things in your life, which you can come back to when you're feeling insecure. Remember, only constructive feedback from people who count in your life is worth listening to.

*Abigail Eaton-Masters is a psychotherapist and media psychologist, specialising in enabling people to bounce back in life and business. To see Abigail interviewing successful people on their amazing bounce-back stories, see [abigaileatonmasters.com](http://abigaileatonmasters.com)*



## CASE STUDIES

# IF AT FIRST YOU DON'T SUCCEED...

Three women talk to us about how they kept on keeping on in the face of rejection, relationship upheaval and endless business setbacks – and what they learnt about themselves in the process

INTERVIEWS ANITA CHAUDHURI PHOTOGRAPHS SEAN MALYON

“I had nothing to fall back on, but I had faith things would get better”

Shann Nix Jones is an entrepreneur

‘I was working the night shift as a radio talk show host, living the dream in San Francisco. Then it all changed. I was sick at work and my boss accosted me: ‘Are you pregnant? Because women in radio don’t have babies.’ An unbelievable thing to say, but women at my level didn’t have kids.

When my boss cancelled my show, I wasn’t surprised. Soon afterwards, I met a British guy on holiday in California and I moved to London to be with him. It was a marry-in-haste, repent-at-leisure situation. We then moved to rural Wales and things got dark. One New Year’s Day, with my one-year-old son and then eight-year-old daughter, I walked out.

I called Women’s Aid – I was in a bad situation in a strange country with no family support, no job and one suitcase. I had nothing to fall back on, but I had faith things would get better. It never really occurred to me to move back to America. I got through those times by practising ‘emotion coaching’. Pioneered by Daniel Goleman, it lets you put your feelings into words rather than minimising them. It

helps to build emotional resilience.

One day, a friend asked me to write their online dating profile. While working on it, I realised that I’d never considered what qualities I wanted in a partner – I’d always let my hormones decide. So I created my own profile and before I’d even uploaded my picture, there was a ‘ping’ from my inbox. It was from Rich, a harp maker with two children of his own. Once I heard his voice, I was hooked. Rich has a deep, lazy voice and a pirate’s laugh. We met for lunch at a local café. He smiled at me, and that was that. It had taken me 41 years to fall in love. We now live and work together on our farm, selling goat’s milk products for our natural health business, Chuckling Goat.

I’m originally from Texas and when things get tough, I have a saying which I call The Toast of the Unrepentant Cowgirl – best recited with a shot of tequila in hand! “One day, the world will knock me down and I will not get up again. But that day is not today, you sons-a-bitches. Not today!”

*‘Secrets From Chuckling Goat: How A Herd of Goats Saved My Family And Started A Business That Became A Natural Health Phenomenon’ by Shann Nix Jones (Hay House, £10.99) is published on 2 February. See [chucklinggoat.co.uk](http://chucklinggoat.co.uk)*











“To me, resilience means keeping on going every single day”

Menna van Praag is a novelist and writing coach. ‘I wrote my first novel when I was 19 and sent it out to agents who all rejected it. Cue seven years of waitressing; I’d write on napkins during shifts, and every night at home. To me, resilience means keeping on going every single day.

Any sane person would have given up, but I am innately stubborn. I postponed buying a house and having a baby... my lovely husband asked “when?” I’d say, “When I’m a published writer.” Just before I turned 30, I had sessions with the best life coach I knew – my mum, Vicky van Praag. Inspired, I wrote a different novel about dedication to dreams: *Men, Money And Chocolate*. After many rejections, Mum persuaded me to self-publish. I hawked it round bookshops,

bribing them with flapjacks to display my books.

I sold enough for Hay House to offer me a deal, but I wasn’t making enough money to live on. When I finished *The House At The End Of Hope Street*, I decided to approach agents in New York – one of them liked the book, but wanted me to rewrite parts. So I worked 12-hour days to get it done and flew to New York on my own expense, to meet them. I wrote another six drafts, then they sold the book a week later in a six-figure deal. Now I teach online creative writing workshops. Students often ask: “How long does it take to get a novel published?” That always makes me smile...’

*‘The House At The End Of Hope Street’ is published on 23 April by Allison & Busby, £7.99. See [mennavanpraag.com](http://mennavanpraag.com)*

# “I remember thinking, ‘what next? Locusts?’”

Laura Santtini is a chef and inventor of Taste #5 Umami

‘Resilience should be my middle name – my life so far has been one big game of snakes and ladders. When I dreamt up the idea for my food business, Taste #5 Umami, I was fighting for everything; being a mother and coping with a marriage that hadn’t worked out. We launched in 2010, were sold in supermarkets and in 2011, I met chef Nobu Matsuhisa. I plucked up the courage to ask him if he’d collaborate on a Far Eastern paste. He agreed. A month after the launch, in March 2011, the tsunami struck Japan. Overnight, our suppliers were in crisis. Obviously I was devastated for the business, but I was more upset for the people I’d been working with. It took over a year to resolve itself, which is a long time for a tiny business.

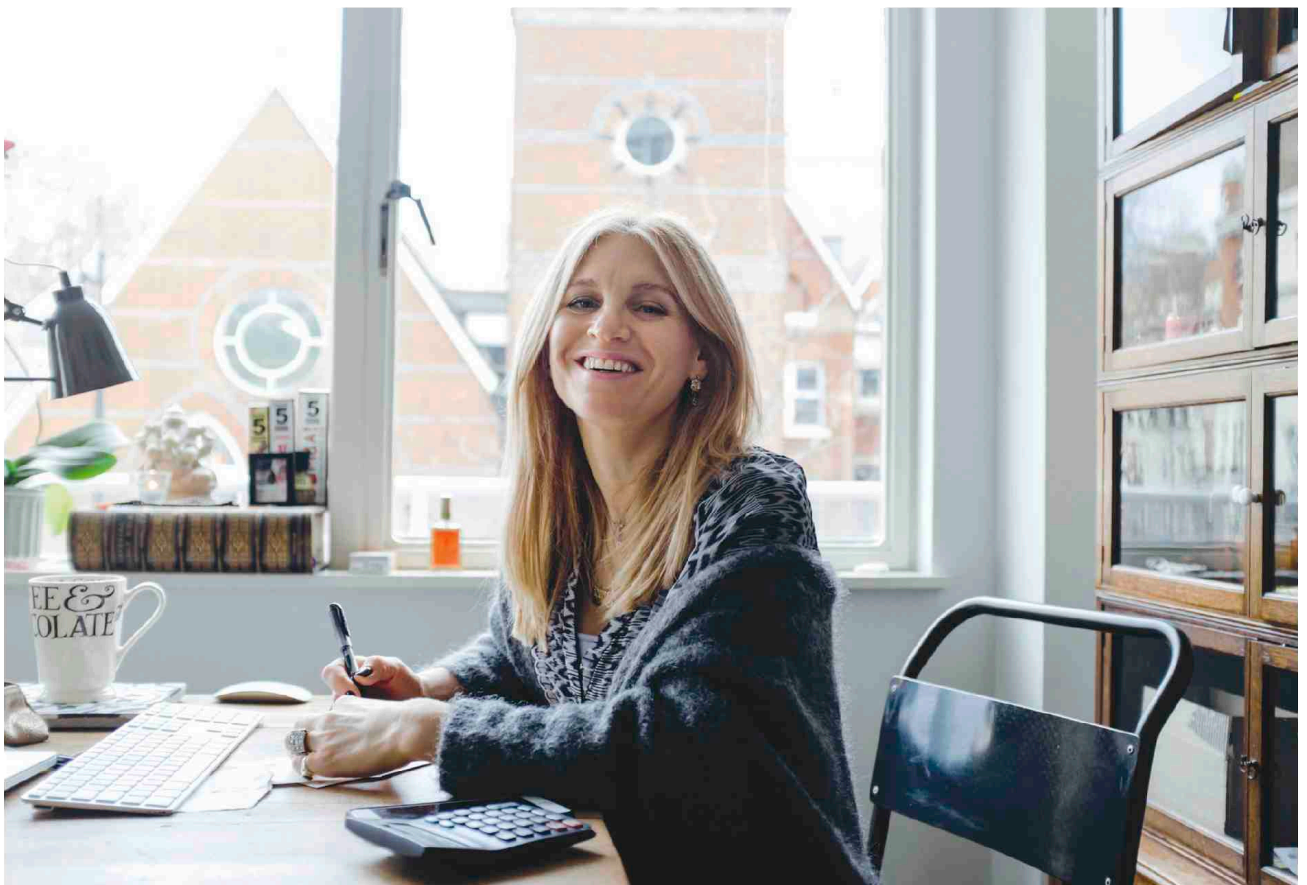
We recovered somehow and then received a massive order, which meant we had to purchase a huge amount of stock. In May 2012, I was cooking a family lunch when I got the phonecall. An earthquake in Emilia-Romagna, Italy, had destroyed the factory we used. All our stock and

packaging were gone overnight. There was no insurance. I remember thinking, “what next? Locusts?” Obviously my loss was on a different scale to that of the Italian people, but all my years of work, that I’d sold our home to fund, had just gone into the ground. But resilience kicked in again. Three days later, I got on a plane and looked for a new supplier. I’ve learnt a lot and I think I’ve inspired my children to be resilient, too – they’ll think twice about giving up on something having seen me keep going.

Resilience has given me the gold in my journey, because it’s only through bare-knuckling it up every ladder and down every snake that you truly discover yourself – your boundaries, resources, limits and limitations and your capacity to be creative, inventive, compassionate and to not be resentful or feel self-pity when it doesn’t work out.

I have no idea why this all happened to me. Maybe my Umami pastes are so powerful, they rock the world – literally.’

*For more information, see [laurasanttini.com](http://laurasanttini.com)*



HAIR AND MAKE-UP: HAYLEY MCGREAL



## TEST

# HOW DO YOU DEAL WITH SETBACKS?

Our lives are punctuated by all kinds of disappointments and they tend to show up without warning. What's your default setting in the face of difficulties? Take our test to find out

### 1 You receive a large parcel out of the blue. You think:

- a) This can't be for me
- b) It'll be something small in a big box
- c) It must be a late Christmas gift, great!
- d) I wonder which admirer has sent me this surprise?

### 2 You're travelling to Paris for work. On the way there, you:

- a) Worry there'll be a strike
- b) Daydream about the food you'll enjoy
- c) Check you've remembered Euros
- d) Panic about losing your passport

### 3 You're hosting your book club, and have decided to treat everyone to takeaway from the new organic pizzeria. But it's shut, so you have to make do with Chinese instead.

- a) You're not worried. Chinese is fine
- b) How annoying; you've already prepared salads and garlic bread
- c) You dread how your friends will react; you'd promised them all pizza
- d) You're happy – maybe you'll even get fortune cookies!

### 4 Your best friend unwraps the designer vase you gave her for her birthday – but it's chipped. You:

- a) Snatch it back, blaming the shop
- b) The chip is tiny, she might not notice
- c) Point out this is a one-off piece and what's a tiny chip between friends?
- d) Are utterly embarrassed

### 5 You win a spa break. At the last

### minute, your boss makes you cover for a sick colleague. You think:

- a) Oh well, it probably wouldn't have been that great anyway
- b) No big deal; these things happen
- c) That colleague is always pulling sickies – it's disgraceful
- d) It's my fault; these things always happen to me

### 6 After a long-overdue weekend with your in-laws, who you find difficult, there's heavy snow and you're unable to leave. You:

- a) Get through it with a fixed smile and copious gin and tonics
- b) Welcome the chance to build bridges
- c) Curse your own stupidity for going in the first place
- d) Rant at your partner that his parents should have checked the forecast

### 7 You're meeting your partner for dinner. But after 40 minutes, they still haven't appeared. You think:

- a) They mustn't be that keen on seeing me
- b) It's a good chance to read your book in peace
- c) Unbelievable! How can they be late again?
- d) They will be here as soon as they can...

### 8 You apply for your dream job, only to receive a harsh rejection letter. You think:

- a) It happens to everyone
- b) Why are they picking on me?

- c) I really don't need this criticism
- d) Clearly I wasn't good enough

### 9 You live in a flat and wake up to find there's been a leak. You:

- a) Tell yourself, 'Well, I had to clean the floor sometime'
- b) Go into the kitchen to make coffee
- c) Go shout at your upstairs neighbour
- d) Rush downstairs to apologise to the neighbour below

### 10 You want to buy a house. You:

- a) Call the estate agent and see what's on the market in your price range
- b) Work out you'll have to schedule 10 visits per week for six months if you want to find the best deal
- c) Surf property websites to save time
- d) Just know that somehow your dream home will find you

NOW WORK OUT YOUR SCORE AND TURN THE PAGE TO FIND YOUR PROFILE

>>>

	a	b	c	d
1	1	2	3	4
2	2	4	3	1
3	1	3	2	4
4	2	3	4	1
5	4	3	2	1
6	3	4	1	2
7	1	4	2	3
8	3	2	4	1
9	4	3	2	1
10	1	2	3	4





Kirriemuir 4  
Cortachy  
Glen Clova  
Glen Prosen



>>> IF YOU SCORED BETWEEN 10 AND 16...

## WHEN THINGS GO WRONG YOU FEEL IT'S YOUR FAULT

**Setbacks make you feel** bleak for two reasons: first, you believe that you have had a few more than average, and second, you have the sneaking suspicion that you were the architect of your own downfall on too many occasions. This attitude reflects the extent to which you fall prey to self-criticism. You analyse each situation, making a particular effort to point out your responsibility. But this behaviour can make you feel guilty if you persist with the notion that everything that happens to you is always your fault.

**This feeling can actually cause you** to dither when it comes to making important decisions; you prefer to perfect the art of doing nothing. You believe that the less you do, the fewer failures you will create. You may also be tempted to abandon projects before completing them in a bid to stave off further failures or disappointments. Even when everything appears to be going well, you still become fearful that your luck will change. There's a voice in your head whispering: 'You will not succeed'.

**Start to address the underlying issues.** Are you rejecting the idea of your own success because you fear becoming more successful than your parents? You have a keen sense of introspection and you can use this to your advantage to inquire into what's really going on. Once you convince yourself that you are indeed worthy of success, you will be able to understand your past behaviour, as well as convincing those you love most that you are far more capable than you've been giving yourself credit for.

IF YOU SCORED BETWEEN 17 AND 23...

## YOUR DISAPPOINTMENTS ARE CAUSED BY OTHERS

**Problems are always other people's fault** – your boss, your spouse, your friends, your colleagues... You feel like a victim of the incompetence of those around you. Sometimes you might even internally accuse them of deliberately sabotaging your success. Also, you do expect the worst and anticipate the negative actions and behaviour of others before they've even happened. This is an effective defence mechanism, because it protects you from suffering and self-recrimination when failures do arise. However, if you tend to place blame on other people too often, you may well develop irrational anger towards them. This attitude prevents you from fully enjoying and participating in life. It's likely that these feelings may be

“Clearly you have been programmed to succeed – and you may well believe that other people will only appreciate you if you are a success”

rooted in your childhood. Rightly or wrongly, you could have grown up feeling like the one who wasn't highly favoured in the family. Therefore, you now tend to equate setbacks with rejection, and too often you feel like you're being victimised.

**Try not to rail so much against others and their part in your failures.** Try thanking them instead, because whether they are wholly responsible or not, they are contributing to your transformation. People who have too many lucky breaks in life fall into the trap of repeating the same behaviour and never learning or evolving. You, on the other hand, are free to question your behaviour and change old patterns and habits. Owning up to your part in past setbacks allows you to create a new vision, both of the failure and of the future.

IF YOU SCORED BETWEEN 24 AND 31...

## FAILURE? WHAT FAILURE?

**For you, setbacks are not an issue.** Perhaps you have been affected by it a few times, but certainly no more often than anyone else. In truth, you do not like to dwell on past defeats. Maybe you find them too upsetting to contemplate and prefer to reject or deny them. Why exactly do you find it so difficult to scrutinise the topic of failure and your personal experiences of it? Perhaps you suspect that if you own up to one failure from your past and fully acknowledge it, then you might stumble across several more of them, buried even more deeply and shrouded in even more painful emotions. As it is, you can just about get away with blocking them out of your mind.

**You prefer to dwell on your successes,** and anticipate future high points to come. That certainly satisfies your desire to control everything. Clearly, you have been programmed to succeed. Perhaps your parents put a lot of pressure on you to perform well at school and in extracurricular activities from a young age. If this is the case, then you may well believe that other people will only appreciate you if you are a success. And you probably associate failure with losing love.

**Denying your defeats makes your suffering less severe.** But a fully realised life means that you must live through all the landmark events – and that includes



failures, which are also a source of education. If you could just recognise, acknowledge and question the setbacks that you've lived through, they could show you some wonderful new ways for doing things differently in future and moving your life forward.

**Try this advice:** You know how to recognise and enjoy simple pleasures, and that means you naturally share this with others. Our inner feelings reflect back into the world whether positive or negative, whether we like it or not – which is why having a balanced attitude to happiness, and sharing yours with everyone around you is such a valuable gift to the world. Keep shining!

IF YOU SCORED BETWEEN 32 AND 40...

## YOU TAKE THE ROUGH WITH THE SMOOTH

**Failure doesn't faze you; instead, you face it.**

You battle on in the face of it, viewing it as a worthy antagonist. You've always had the suspicion that any event, no matter how painful it might be, happens for a reason. Even when tiny annoyances show up, you take the time to examine them and challenge yourself not to overreact or let them ruin your day. You always look for the reasons for your failures and disappointments and

**"It's not always worth the effort of trying to see the good in a situation. Sometimes life sucks – and it's actually OK to say so"**

own up to your responsibility when appropriate. If other people are obviously responsible for your setbacks, then you try to understand what happened without resorting to blame or tantrums. For you, there is something to be learnt from every experience and you revel in trying to find the positive in even the gloomiest situations.

**A small note of caution, however: try not to overanalyse failures.** Tracking life's ups and downs is good, but it's not always worth the effort of trying to see the good in a situation. Sometimes life sucks, and it's actually OK to say so. In fact, if you do, you might find that other people relate to you better! Many around you envy your innate optimism, so don't lose this. You are the person everyone can count on to say: 'I've lost my job/my partner's left me/I've got no money... Oh well, that just means there will be space for something better to come along.' You can turn any setback into gold!



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fresh herb & root

strengthen your  
immune system



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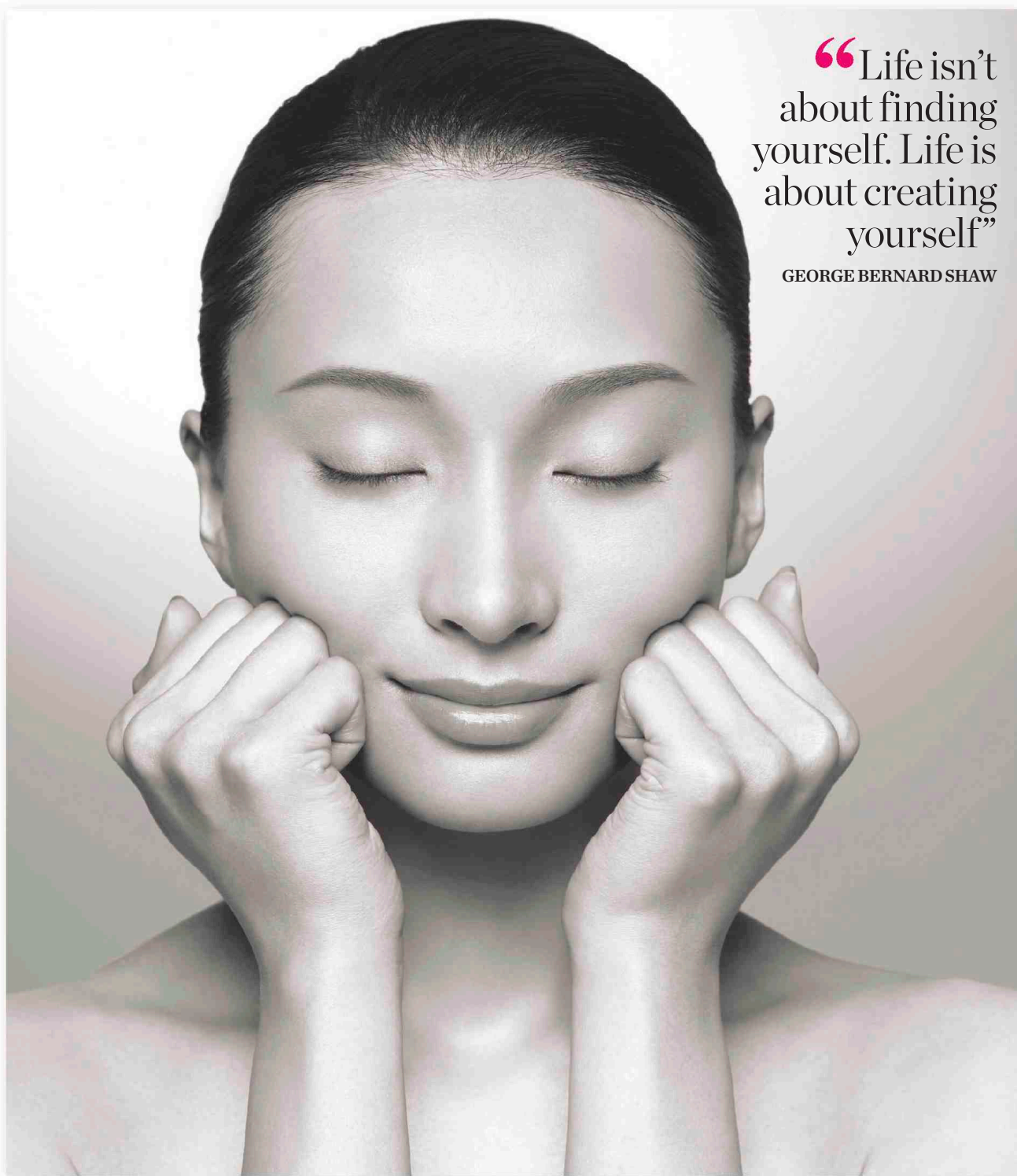
# The Boost

Beauty | Skincare | Make-up | Body | Wellbeing | Health

“Life isn’t  
about finding  
yourself. Life is  
about creating  
yourself”

GEORGE BERNARD SHAW

PHOTOGRAPH: SUQUU'S GANKIN FACIAL MASSAGE





# Nude YOU

Amerley Ollennu discovers how the latest nude make-up trend uses high-tech products to create a low-tech look that you can live, work and love (yourself) in

PHOTOGRAPH TRUNK ARCHIVE

Change is afoot. After years of women using make-up as a tool to alter the way we look, it seems as though – if the re-emergence of nude make-up is anything to go by – that we are finally beginning to embrace the idea of looking like ourselves. No, women the world over aren't ditching the contents of their make-up bags, instead we are tapping into the return of neutrals. With this 'no make-up' make-up trend, 'the lack of statement make-up is, in fact, the statement. It's a lifestyle look that has one foot in the world of skincare and the other within colour cosmetics,' says Terry Barber, MAC Cosmetics director of make-up artistry.

According to skincare brand Darphin, the paradigms of beauty have shifted. It's not about age, it's about attitude. There will always be those who fight the signs of ageing, but Darphin finds that the majority of us are acquiring a healthier attitude towards physical ageing and, in turn, towards the way we look naturally. We are becoming more concerned with our health and general wellbeing than how many lines we have accumulated, and the trend for nude make-up embraces this phenomenon. Whether you're what Darphin calls a 'beauty maintainer', who has a basic grooming routine, or a 'beauty enhancer', whose regime is more extensive, what links these two tribes is the importance of health – looking and feeling healthy is the key.

## CAPTURE THE TONE

This trend has an optimistic feel that, 'enhances realness and rawness – tweaking with make-up rather than transforming,' says Barber. This tweak sees a return to radiance. Skin is deeply hydrated by layering a mixture of softening lotions, serums, oils, nourishing primers and balms to plump the complexion. Products such as **Bobbi Brown Extra Illuminating Balm**, £42, described by Bobbi herself as a 'dream cream', gives skin a lit-from-within glow, and is the type of pre-prep product that complements this trend. Offering a quick boost, it moisturises and hydrates while diminishing dullness by way of ultra-fine pearls that mimic the natural radiance of healthy skin.

Once skin is prepped, it's all about working with its natural tones and exploiting the light to create dewy complexions that combine matte with a natural glow, instead of caking skin with correctors, concealers, foundations and powders to create a blanket of flat, solid skin tone. This is thanks in part to new formulations that accommodate skin's subtle differences in tone while enhancing and perfecting complexions. **NARS All Day Luminous Weightless Foundation**, £33, is one such member of this new generation of bases that are lighter than ever, with the ability to impart natural-looking coverage without masking the skin. Complete with skin care benefits, the new formula delivers long-wear performance with a little going a long way. >>>

THE BOOST } beauty





>>> Dior's **DiorSkin Nude Air Powder**, £35, comes in compressed, tanned and loose varieties, but what they all have in common is their ultra-fine finish that's almost invisible to the naked eye. With a host of finely milled powders now available, we are finally able to mattify where needed, without taking the 'life' out of our look.

Nude means different things to different people, but when it comes to eyes, cheeks and lips, the new nude rules apply. As with skin, the most flattering nudes enhance the natural tones of the face, so forget the washed-out nudes of old and imagine shades with more authenticity. Expect variants of soft pink, peach, olive, warm gold – and even blue and purple accents – contained in pearlised formulas.

## AUTHENTIC BEAUTY

This idea of not 'putting on a face' when applying make-up would have scared many women only a matter of years ago, so why are we so much more open to dropping our masks now? 'Being yourself can be liberating,' says Dr Carolyn Mair, reader in psychology at the London College of Fashion. 'When make-up is applied to look natural, it enhances one's appearance without changing it dramatically, which could contribute to boosting self-esteem long-term.' It is also believed that being your authentic self can open you up to positive experiences, and perhaps the first step to experiencing this and living from a place of authenticity is to actually start looking like you.

Embracing your authentic self is really what this trend is all about and, interestingly, it's our millennial counterparts who are showing us how it's done. 'Of course, it's easy to embrace your youthful complexion in your late teens and early twenties,' I hear you say. True, but my late teens saw me regularly apply my make-up like a mask – something I ditched post-25, and I'm sure I'm not the only one. Jenny Frankel, founder of Nudestix, the nude make-up line that looks effortless and is quick and easy to apply, was inspired by her teenage daughters to create the range. 'I realised that the millennial generation doesn't conform to traditional beauty ideals and that, for them, lifestyle dictates their beauty regime. More often than not, they want to look like themselves, which is where neutral shades come into play. They can be blended, pushed and smudged into the skin, enhancing what is there without looking too polished and perfect,' says Frankel.

This is the key to going nude – it's far removed from the idea of perfection and instead firmly placed in the idea of reality and authenticity. As Oscar Wilde said: 'Be yourself. Everyone else is already taken.'

“It's about enhancing what is there without looking too polished”

# get nude

Nude make-up is all about feeling comfortable and confident with the way you look. Here's our how-to guide and product-picks to encourage you to embrace your uniqueness for a look that is naturally you.



**Paul & Joe Lipstick in Renard**, £14, is the right shade of caramel to flatter olive complexions

**Charlotte Tilbury Matte Revolution Lipstick in Sexy Sienna**, £23, warms up medium skin tones with its orange undertone

**NARS Lipstick in Liguria**, £19.50, is the perfect peachy nude for lighter skin tones

**Bobbi Brown lipgloss in Almost Nude**, £18.50, beautifully brightens the complexions of dark skin tones

## LIPS

'Gut instinct is a great indicator when it comes to choosing the right nude lip colour,' says Hannah Martin, Bobbi Brown pro artist. 'First, remove all make-up to allow you to see what shades enhance skin tone, make eyes brighter and give the face a lift. Then, choose four colours that you're instinctively drawn to and paint each on the tip of four individual fingers. One after another, rest each finger against your lip to see what suits you. You'll notice that one or two will jump out as complementary tones to your lip colour as well as your skin shade.'



NUDESTIX concealer, £24

Dior DiorSkin Nude Air Powder, £35

MÉTÉORITES

BABY GLOW

FLUIDE DE TEINT LUMIÈRE  
ÉCLAT PEAU DE BÉBÉ  
EFFET ANTI-FATIGUE

LIGHT-REVEALING  
SHEER MAKE-UP  
ANTI-FATIGUE EFFECT  
BABY GLOW

Guerlain

Guerlain  
Météorites  
Baby Glow,  
£35.50

CLINIQUE  
chubby stick  
sculpting highlight

CLINIQUE  
chubby stick  
sculpting contour

Clinique Chubby Stick Sculpting Contour in Curvy Contour and Hefty Highlight, £19 each

## FACE

Whether you're a maintainer, enhancer or extremist, Jamie Coombes, Dior international make-up artist, shares the nude look that's right for you.

**Barely there** 'Use concealer sparingly on patches of redness, and areas of pigmentation or spots. Create a natural flush with blush applied to the upper and lower apple of the cheeks, then finish with a light veil of sheer powder on oil-prone areas.'

**No make-up make-up** 'Prep skin with concealer and foundation, but use a brush to buff into skin for less cakey coverage. Apply blusher to the cheek, plus highlighter above the cheekbones, and finish with a veil of transparent powder on those areas that tend to get oily over the course of the day.'

**Contoured complexion** 'After base, take a darker toned powder or cream. Place under the cheekbone, around the temple and on the jawline. Buff into skin to ensure that it blends well and looks like natural shadows. Then highlight between the jawbone and cheekbone, around the mouth, and along the centre of the nose. Again, finish with a dusting of sheer powder where you get oily during the day.'

## EYES

'Neutral hues are incredibly youthful and can be fun,' says Claire Mulleady, senior artist at MAC Cosmetics. 'Washes of colours that can be found within the skin – purples, blues and greens in sheer powders or blendable creams – are incredibly modern, as are more traditional nude tones made with sheeny textures if colour feels too adventurous, or if you have a darker skin tone. Liner that's pressed into the lash line to accentuate the eye – but not used to alter the shape – and a flesh-toned liner used in the water line are the perfect examples of no make-up make-up. Follow with one or two coats of mascara, to offer further definition. Brows should be brushed and filled in where needed, but keep in mind that the beauty of this look comes from the distinct lack of perfection. Embrace imperfections by ensuring that you don't attempt to make brows look identical and "perfect".'



Hourglass Modernist Eyeshadow Palette in Atmosphere, £56

Illamasqua  
Vintage  
Metallix in  
Bibelot, £16.50



MAC Mineralize  
Eye Shadow in  
Blue Flame, £17



Bareminerals Lasting Liner in Classic Cream, £15



By Terry Eyebrow Mascara, £26

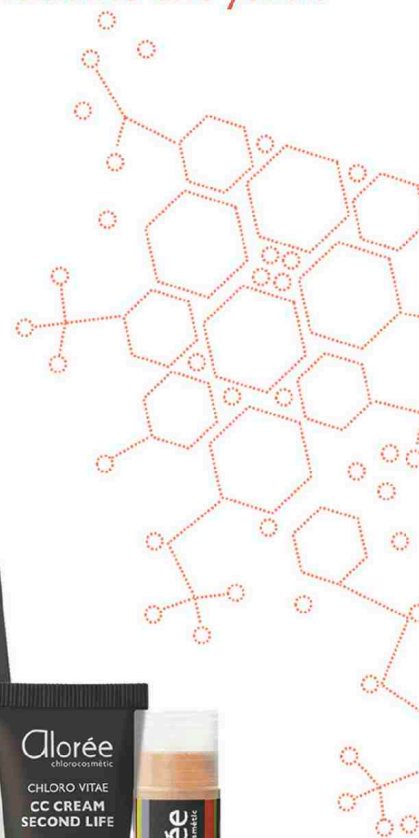


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**Chlorophyll, nature's secret of eternity, for long-lasting beauty.**

*Extracted from young barley shoots Chlorophyll is a unique ingredient which forms a powerful anti-ageing complex. Chlorophyll is the key ingredient throughout the Alorée range, immediately providing visible results; skin hydration, radiance and youth.*



*Active chlorophyll...  
The source of youth*



Available from good health stores, independent pharmacies and online at [www.aloree.co.uk](http://www.aloree.co.uk)

# 1 EAST MEETS WEST

*I'm intrigued by the latest innovation from Korea – the cushion compact. Lancôme's version contains a liquid foundation that offers natural, sheer coverage while the cushion makes for more even application.*



Lancôme  
Miracle  
Cushion,  
£29.50

# 2

## PLAYING DEFENCE

For a dose of fun, I've joined a netball team, but my skin isn't so happy about it. Rich in shea butter, an essential blend of sunflower, grapeseed and avocado oil plus UVA/UVB protection, Murad Age Balancing Moisture, £64, is just what my skin needs to protect itself against the assaults of winter weather.



Crabtree &  
Evelyn Black  
Absinthe Eau de  
Cologne,  
£45/100ml



# 3 SPIRITED SCENT

Outlawed for years, green spirit absinthe has a forbidden allure, as does wearing male scents. This blends absinthe, artemisia and fennel flower notes atop black licorice and peppery vetiver, for a lasting sensuality.

## Fresh passions



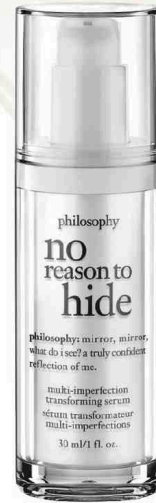
Amerley Ollennu shares the beauty buys that are getting her excited

A new challenge is just what I need, as there is a distinct lack of excitement in my life right now. Sometimes I feel as though other people are having more fun (and yes, I do know the grass is always greener), but mostly I feel like the life I dreamt for myself hasn't fully materialised – yet. I suppose we all get stuck in ruts now and then and, while I try to figure out how to get out of mine, I'm glad that my penchant for all things beauty is keeping me entertained. Thankfully it has the ability to instantly shake things up, be it the high-tech advancements in skincare, an unexpected shade of lipstick or the scent that breaks all the rules – for an instant pick-me-up, I turn to my beauty bag every time.

# 4

## TOTALLY TRANSFORM

The before-and-after images from the clinical trials of the Philosophy's No Reason To Hide Multi-imperfection Transforming Serum, £48, convinced me to add it to my arsenal. My concerns are pores, texture and pigmentation: cue the brightening vitamin C and salicylic acid. But I welcome a reduction in redness too – that's where the camomile extract comes in handy.



# 5 BRUSH UP

*As a powder fan, I recognise the importance of a good brush. This one from The Body Shop not only looks good but also feels rather lovely when swept over the face.*



Poppy-  
inspired  
Blusher  
Brush, £15

# 6

## HYBRID HEROES

Clarins Instant Light Lip Comfort Oil, £18, comes in two lip-enhancing shades infused with plant actives and nourishing oils of hazelnut, Mirabelle and jojoba, offered up in a gloss finish. It's the dreamiest lip treatment that I've used in a while.





# PASSPORT to beauty

Perdita Nouril goes in search of the latest beauty ingredients and technology from around the world

PHOTOGRAPH PIXELEYEYES

**F**rom beautifully crafted Moroccan lanterns to hand-painted Spanish ceramics, my home is filled with treasures I've collected when journeying around the world. Surprisingly, nowhere is that more apparent than my bathroom. My cabinets are crammed with Asian serums, Swiss creams and African oils; all of which I use daily in what's best described as a 'multi-cultural' skincare regime.

Beauty exploration is hardly a new phenomenon; for centuries, beauty secrets have been passed down the generations and rituals keenly discovered by travellers. Psychologist Dr Vivian Diller says: 'Beauty is now a global experience, with standards from all over the world being woven together. In part, this is because of the growth of internet-exposure to other cultures, but also, due to the rise of intermarriage between different races and ethnicities, creating a broadening of beauty standards to include much more heterogeneity.'

So which corners of the globe should we be looking to for the latest skincare innovations? South Korea has been

driving beauty development for years. Its product innovation outstrips most other countries, single-handedly creating new categories with the launch of BB creams, facial sheet masks and, more recently, cushion compacts (BB or CC cream in a solid form) – so it's no surprise that the West has started to pay close attention. 'Women worldwide aspire to have beautiful skin, which Asian women traditionally have,' says Allan Lever, from Korean brand Masque Bar.

Aside from a typical Korean skincare regime where using up to 18 products a day isn't unusual, the products often contain a plethora of raw ingredients that align with *hanbang*, the Korean medicinal model that uses herbal ingredients, such as bamboo and ginseng, with traditional processes like fermentation. This process is being replicated by brands around the world, making for better absorption – fermentation breaks down the molecular structure of ingredients and makes nutrients more concentrated, which allows for better affinity with the skin, resulting in a better-looking complexion. >>>

STYLED BY AMERLEY OLLENNU AND LAURA DOHERTY





- 1 Yardley April Violets Body Lotion, £5.99 2 Dr. LEVY Switzerland Intense Stem Cell Booster Serum, £290 3 Balance Me Radiant Face Oil, £30  
4 Trilogy Rosapene Night Cream, £28.50 5 Erborian Ginseng Royal, £74.50 6 Cellcosmet Gentle Purifying Cleanser, £82 7 Maui Grow Strong  
Hair Oil, £29 8 Origins Original Skin Renewal Serum with Willowherb, £32 (out in March) 9 Melvita Argan+, £32 10 Lush African Paradise Body  
Conditioner, £19.95 11 La Prairie Cellular Swiss Ice Crystal Eye Cream, £161 12 Neal's Yard Frankincense Intense Concentrate, £65



>>> Interest in global beauty has fostered an appetite for newness. This, in turn, has instigated a particular interest in oils and how we use them. 'India is placing itself firmly on the natural beauty map by providing a wealth of oils that help to achieve beautiful hair – a feature many Indian women see as a badge of femininity and desirability,' explains Bittu Kaushal, founder of Mauli Rituals.

The brand's line of top-to-toe oil-based products contain two of the most prolific Indian oils: moringa and alma (Indian gooseberry). One of the most nutrient-dense oils in the world, moringa contains 47 potent antioxidants, 36 anti-inflammatory compounds and 18 essential amino acids. The rejuvenating properties of this light and nourishing oil penetrate deeply, so depleted minerals and vitamins can revive hair naturally. Meanwhile, alma – which contains 20 times more concentrated vitamin C than an orange – is an excellent natural conditioner.

Where skincare is concerned, we're also seeing the next generation of oil-based products emerging, fusing the benefits of nourishing oils with actives more akin to serums, most notably Buriti and Sacha Inchi from the Amazon basin and Peruvian Andes. Naturally rich in phytonutrients, they are especially effective at balancing skin and improving its overall look and texture. 'These dry-touch oils can be applied alone or used under other products to boost the penetration of the active ingredients,' explains Simon Ford, skincare expert for Melvita.

In Europe, leading Swiss skincare brand Cellcosmet combines the use of cold-pressed plant oils, such as white lupin, olive and borage oil, with innovative active cell-extraction technology. Plant cells are extracted without being lyophilised (freeze-dried), allowing for a much higher potency within skincare that helps to regenerate, rejuvenate and re-energise the skin faster and more efficiently.

### Emerging Africa

This decade has also seen Africa emerging as a dynamic new beauty force. Botanicals have become big business as the continent continues to export exciting ingredients and, with seven of the 10 fastest-growing economies in the world (according to the World Bank), Africa is rapidly becoming a major player in the natural beauty arena.

The popularity of Moroccan argan oil has sparked interest in other native African naturals, including baobab-tree extract which is grown in 32 African countries, nigella

(black cumin) seed oil hailing from Egypt, and mushroom extract. British company Lush, renowned for its ethical buying practices, is working with countries such as Ghana to harvest powerful pore-reducing mushroom extract. 'Ghana and Kenya are realising they have a lot to offer,' says Helen Ambrosen, co-founder of Lush. 'They can grow beautiful ingredients using organic and permaculture

practices, meaning the community is able to gain the most from their land and ensure it is treated well for future generations to benefit from.'

Other brands, including Neal's Yard Remedies, are harnessing the power of frankincense resin for its anti-stress properties; working alongside the Samburu community in northern Kenya, who cultivate the resin, while making sure it's in line with protocols set by the FairWild Foundation. Similarly, L'Occitane,

which extensively uses Shea Butter in many of its products, has been cited by the UN for helping to pave the way for the economic emancipation of as many as 15,000 women in Burkina Faso.

This ability to help others is a comforting bonus when purchasing skincare that delivers results, too. Yet there is the occasional caveat within the global market; South American quinoa has become such a hugely popular alternative to 'environmentally destructive' meat-produce to UK consumers that demand has hiked up prices so much that poorer people in Peru and Bolivia can no longer afford to eat it. Land that once produced an assortment of varied crops is now a quinoa monoculture – one hopes the beauty industry will be mindful of this.

### Home grown

Closer to home, brands such as Yardley pride themselves on including ingredients traditionally found in the UK. Its new Contemporary Classics Collection contains violet, English rose and lavender, while British cosmetics brand Balance Me's Radiant Face Oil, £30, contains English camomile and yarrow. Both are ancient healing herbs that have withstood the test of time; legend has it Achilles used yarrow to heal his wounded soldiers in the Trojan War. It's the perfect example of how beauty brands are now bridging the gap between ancient global beauty traditions and modern scientific advancements. What's old is now new, but excitingly so, and the result is we have access to a wealth of natural but highly efficacious ingredients, no matter what part of the world we live in.

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Psychologies March 15





# Nourish from within

The humble vitamin has been usurped by smarter, purer and more effective solutions – from food-state supplements to collagen-boosting drinks, Eminé Ali Rushton gets to grips with the new nutraceuticals

## 1 Wild Nutrition food-state supplements

‘Have you ever wondered why your urine turns fluorescent yellow after taking B vitamins? Most people think it means it’s working. It is, in fact, the body excreting what it can’t absorb and process,’ explains nutritional therapist Henrietta Norton, co-founder of Wild Nutrition, the first food-state supplement brand in the UK.

Most supplements are produced synthetically – so a vitamin or mineral, such as calcium, is isolated from its natural food or plant source, replicated, then reproduced synthetically in tablet form (it will have ‘isolate’ on the label). However, the problem with this is that all of the co-enzymes and co-factors that would naturally be found in the whole food or plant are lost.

‘Food-state provides nutrients as close as possible to nature, so they exist within a food matrix of real contributing edible parts of natural food,’ Norton says. ‘This helps the body to recognise them as food, and allows them to be identified, absorbed, delivered and used far more efficiently than synthetically

processed nutrients.’ More than 25 independent studies have found food-state supplements have higher bio-availability (the body absorbs and assimilates them efficiently), and are retained for longer within the body. Crucially, this also means that doses can be smaller and yet more effective.

**Our verdict** I’ve been taking Wild Nutrition Food-State Magnesium, £16.50/60 capsules, before bed (it’s estimated that up to 80 per cent of us are deficient in magnesium), and have seen a marked improvement in stress and energy levels, and improved, restful sleep. And the new ranges for children, menopause and fertility are ground-breaking, too.

*See wildnutrition.com*

## 2 Skinade collagen drink

Skinade says that if we ingested the equivalent amount of collagen in tablet form, we’d need to swallow 20 large tablets a day. Skinade’s high-grade hydrolysed marine collagen peptides, from the skin of freshwater fish, is low in sodium and free of mercury contamination, and comes in a convenient

daily shot that’s perfectly palatable (it is sweetened with a small amount of sucralose). The drinks use special enzymes to gently hydrolyse the collagen peptides, which boosts absorption by the body.

**Our verdict** Team *Psychologies* take their testing duties seriously, and when we furnished Lynne Lanning, acting art editor, with a 30-day supply of Skinade, we asked her to keep a note of how her skin felt, looked and any marked differences. At the end of the trial, we all agreed that her skin looked healthy and vital, and Lynne herself also felt that there had been a noticeable improvement in the smoothing of necklines.

*From £60 for a 20-day course; see skinade.com*

## 3 Bloom matcha tea powder

Harnessing the extremely high antioxidant power of matcha green tea, these all-natural powdered teas deliver a big energy kick. Because the whole leaf is used (not just stewed as with green tea), matcha tea powder is 10 times higher in antioxidants than the equivalent



**Symprove**, £21.95/1 week; **Skinade**, £60/20 days; **Beauty & Go Anti-Ageing, Radiance, Vitality and Detox**, £2.99 a bottle; **Wild Nutrition Food-State Magnesium**, £16.50/60 capsules; **Bloom Supercharge Matcha green tea powder**, £16.99/30g

amount of green tea, along with a high dose of L-theanine and caffeine.

**Our verdict** A small spoon (included) mixed into warm, filtered water is easily drinkable with no pondy aftertaste. I have relied on this several times when I've had full days of events and family gatherings, and find that a single glass in the morning really does keep me perky and alert. But as someone who drinks very little caffeine, it did affect my sleep later that night – a low after the high!

From £16.99 for 30g; see [bloomtea.co.uk](http://bloomtea.co.uk)

## 4 Beauty & Go bioactive beauty drinks

Spanish skincare company Natura Bissé has teamed up with AMC Innova, a research and development company that produces bioactives and sports drinks, on this new range. On the surface, this looks like a smart 'super' juice – but having worked for 10 years (and employed 106 scientists) to extract and preserve potent macro-antioxidants

from the skins of fruit, this is actually a pioneering delivery system for nature's best active ingredients.

**Our verdict** In four pleasing flavours (sweetened with stevia), the targeted actions are Detox, Anti-Ageing, Radiance and Vitality. Suitable as a one-off health-boost, but best taken as a course – Detox, for example, contains pomegranate and lemon macro-antioxidants, hyaluronic acid, collagen, spirulina, and the toxin-eliminating extracts of nettle, dandelion, artichoke and broccoli. I have not taken it consistently but, at £2.99 a bottle, I do like the idea of hydrating with this rather than another 'juice' and getting the additional antioxidant benefits to boot.

Available exclusively at Selfridges

## 5 Symprove probiotic drink

This is one of only three successful probiotics identified in a study by University College London. How does one assess success? 1) UCL tested that

the number of claimed bacteria made it into the gut in a live state. Symprove delivered 100 per cent of its claim. 2) UCL tested the stomach survival time – did Symprove survive the stomach acid shock? Most of the tested probiotics were ineffective after five minutes. But after 120 minutes, Symprove remained intact. 3) Does the probiotic thrive and grow, successfully colonising the gut? After 10 hours, Symprove did just that – detectable as alive, growing and thriving. **Our verdict** I have just finished the full 12-week introductory course and noticed the benefits from the second week in. I've been far less susceptible to an upset stomach (having had IBS in the past), have come through the winter without compromised immunity, and have felt a lot more comfortable after meals. I drink a shot every morning on an empty stomach – the zingy tropical flavour isn't the nicest, but it's fine – and then have breakfast after 15 minutes. I will be taking this one indefinitely!

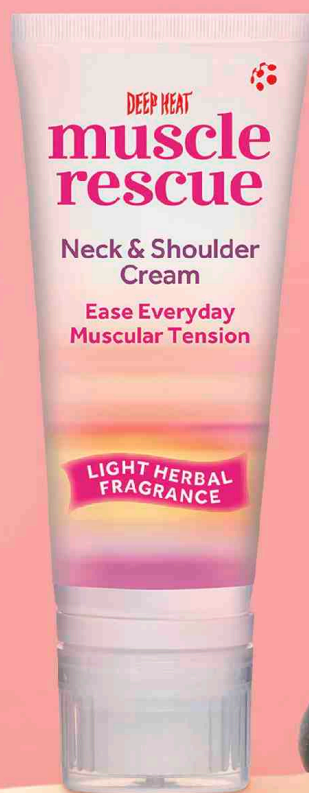
From £21.95 for one week; see [symprove.com](http://symprove.com)



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## SKIN NUTRITION

*Nude Skincare pioneered the use of probiotics in its formulations, and its wholly natural range is built on the belief that foods that benefit us inwardly can do the same topically. New Progenius Omega Treatment Milk, £62, has chia seed, inca gold and sea-buckthorn oils in a non-oily formula that skin just drinks up.*



## MULTI-TASKING MARVEL

My own multi-tasking efforts may be doomed, but **Antonia Burrell Mask Supreme 7-in-1**, £57, is a winner. Apply a thick layer to clean skin and leave on overnight. Come morning, skin feels softer, well-hydrated (because the safflower oleosomes drip-feed skin continuously), and brighter (lactic acid and bentonite clay work together to refine and clear pores).

## It's time to... create habits



Last week, I wrapped a dirty nappy in clingfilm (we'd run out of nappy sacks), then put it in the fridge by mistake.

I was on the phone, burning toast, and rooting around in my bag for a pen at the same time. It was a pertinent reminder of how a mad juggling act can end with most balls on the floor. We often enter a new year impatient to get on with resolutions... better to have a sense of what we hope to achieve and walk a steady path towards it.

Research\* shows it takes 66 days for a habit to form – a comfort, given you'll have two months to practise the art of making something good stick. So, rather than attempt a 6am commute to get to a yoga class, I've carved out an hour's late lunch-break instead: far more realistic. Also, once the children are in bed, I spend 45 minutes sorting emails and scribble a list on tomorrow's diary page, allowing me to wake up without fear of forgetting anything important. Least of all, where I put that darned nappy.

*Emine*

Beauty and wellbeing director

## PLANT HOT

There are some cool, new, natural brands springing up at the moment – and American brand **PLANT** is one such example. It consists of a gentle, 100 per cent natural and botanical range of body washes, each with a mood-enhancing action: the energising eucalyptus and bergamot blend in **Be Well** will definitely start the day off on the right foot.



**PLANT Be Well and Calm Down bodywash**, £12.50 each

## ONE A DAY

To aid the creation of productive new habits, this beautifully produced list-driven diary from **Daily Greatness** (£34.95) allows you to create very clear plans of action, and keep tabs on progress, too. Lest it all seem a bit too much like hard work, there are also motivational quotes along the way...

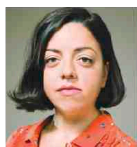


\*PROFESSOR JANE WARDLE, UNIVERSITY COLLEGE LONDON, 2009. FOR STOCKISTS, SEE PAGE 140

TRY **POMMADE DIVINE**, £20 – A 100% NATURAL BALM FROM AN 18TH-CENTURY RECIPE THAT SOOTHES EVERYTHING FROM SPOTS TO BEE STINGS



# Focus on YOURSELF



Eminé Ali Rushton teams up with Grace Belgravia for a holistic approach to health and happiness

What we assume will come naturally is what we often take most for granted: breathing, walking. Having children? If you want them – and for a long time, I wasn't sure I did – then you believe that having them will just happen when you're ready. I was lucky; my assumption played out without a hitch. But a beloved relative and two close friends have not been dealt the same hand. All three are 34 – so young! – and being told by GPs and fertility experts that this is not uncommon. Keep trying.

One is in the midst of her third IVF cycle (she's been trying to conceive for years), and it has to work as she can't afford any more. Another has been married for five years prompting almost

“You take it for granted. If you want children, then you believe that having them will just happen when you're ready”

constant ‘so, when will you have kids?’ questions – each one a stinging barb – and the third, bless her, has had three miscarriages in two years. It is not talked about much, but, behind closed doors, it can take over. My friend describes it as a cloak of despair; you wear it constantly, even when you're laughing, you're deeply sad inside. Yet, we often hear of those who cannot make peace with the idea of not having children, and suddenly, it happens, they're pregnant. Why is that? I've posed this question to the experts at Grace Belgravia, in a bid to get a completely holistic response. What surprised me was just how much of the advice was spiritual and emotional. There was also no denying the obvious – it never quite feels like the right time to step off the career ladder, tighten purse strings and forgo those wide-open freedom years in favour of a new breed of tiredness and unending responsibility. But while many women are – happily and healthily – having babies into their mid-forties, they are still in the minority. Here, we ask the experts for their fertility wisdom for the 21st century.

Follow Eminé on Instagram and Twitter @eminealirushton. Follow Grace Belgravia on Instagram and Twitter @gracebelgravia

## CREATE THE RIGHT ENVIRONMENT

‘When preparing to bring a child into the world, we often think about if our lives offer the nurturing atmosphere babies thrive on,’ says acupuncturist Ross Campbell. ‘But we also need to consider how much stress our body is under and how we can ease that. As long as there's no specific medical problem, fertility flows naturally from vitality, so time spent dropping unnecessary targets and pressures, getting enough sleep, spending more time in nature and less at work, as well as having treatments that enhance vitality, like massage or acupuncture – all help prepare the ground for fertility.’

I know this isn't the message many women want to hear, as it's hard to make big changes. But my patients who've turned their fertility around have often done things like spread out their annual leave to create a four-day week. I see these things working for women in my clinic, so I feel bound to share it.

For an appointment, go to [gracebelgravia.com](http://gracebelgravia.com)

## Hormonal health

What can you do to ensure your hormones are well balanced? Holistic doctor and bio-identical hormone specialist Dr Julia T Hunter explains

'Hormones are ultimately responsible for our greater happiness, increased brainpower, stress management, sense of humour, whole body health, beauty, disease prevention, and the slowing down of the body clock. As a bio-identical hormone specialist, I believe food is one way to achieve good hormone balance. Based on experience and achieving optimal health for patients, I recommend the Blood Type diet.

You also need to exercise at least every other day for 45 minutes. You must sweat – so you know you've hit the right level of activity. Interval training with resistance is best – it makes the adrenal glands and thyroid function far more efficiently, and keeps sex hormones more youthful, for both men and women. It also makes you healthier and happier, as the endorphins released are nature's best mood-boosters.

Try to develop a sense of humour in today's world and minimise how often you feel angry, bitter or hold grudges – as this increases cancer risk and depletes your adrenal glands, which help protect the body from stress. If you have symptoms of low hormone levels, the first cause is usually low adrenal function, generally due to the effects of bad diet, stress or unhappiness.'

*Learn more about hormones at [juliathuntermd.com](http://juliathuntermd.com). To make an appointment, go to [gracebelgravia.com](http://gracebelgravia.com)*



## THE WELL WOMAN MENU

Eat these foods to maintain hormonal balance, says Grace nutritionist Henrietta Norton

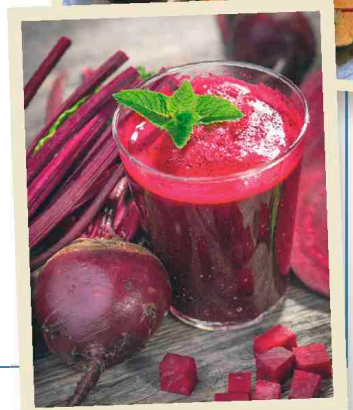
### BREAKFAST

Try poached eggs with buckwheat pancakes and wilted spinach. Spinach is rich in B12, folate and iron and if you steam it, it retains its nutrients. Buckwheat provides the complete B complex of vitamins, as well as vitamin C to help iron absorption, and minerals, such as manganese and magnesium, that work in synergy with B vitamins for energy production.

### ADD THE 'GRACE UPBEET' SMOOTHIE TO YOUR DAILY DIET.

Beetroot is rich in iron and folate (vitamin B9) and vitamin B6. Interestingly, if you are low in iron you may experience beeturia (reddening of the urine). This isn't harmful, but could indicate you need more iron (see [psychologies.co.uk](http://psychologies.co.uk) for Upbeet recipe). Almond milk and ground almonds provide the B complex

family, as well as biotin and choline, which support the metabolism of B vitamins. They also have vitamin C to help iron absorption. Greek yogurt is a great source of iodine and vitamin B12 for healthy metabolism and blood cells. Avocado also contains vitamin B and is rich in folate, B5 and B6. Vitamin B5 is used by the body when stressed; B6 supports hormone balance.





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# The Retreat

Home | Living | Recipes | Nutrition | Travel | Escape

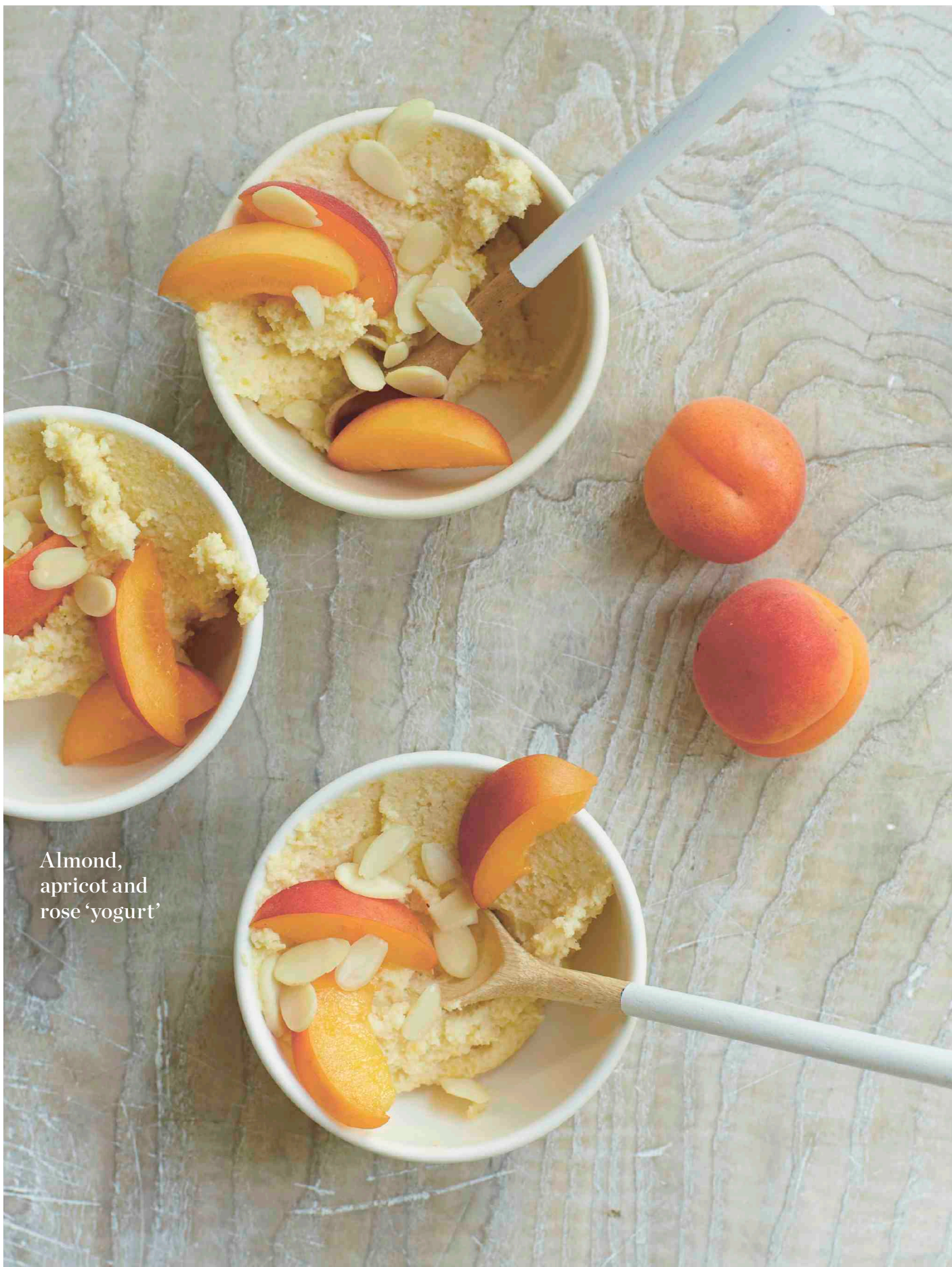


“If you look the right way, you can see that the whole world is a garden”

FRANCES HODGSON BURNETT,  
*The Secret Garden*

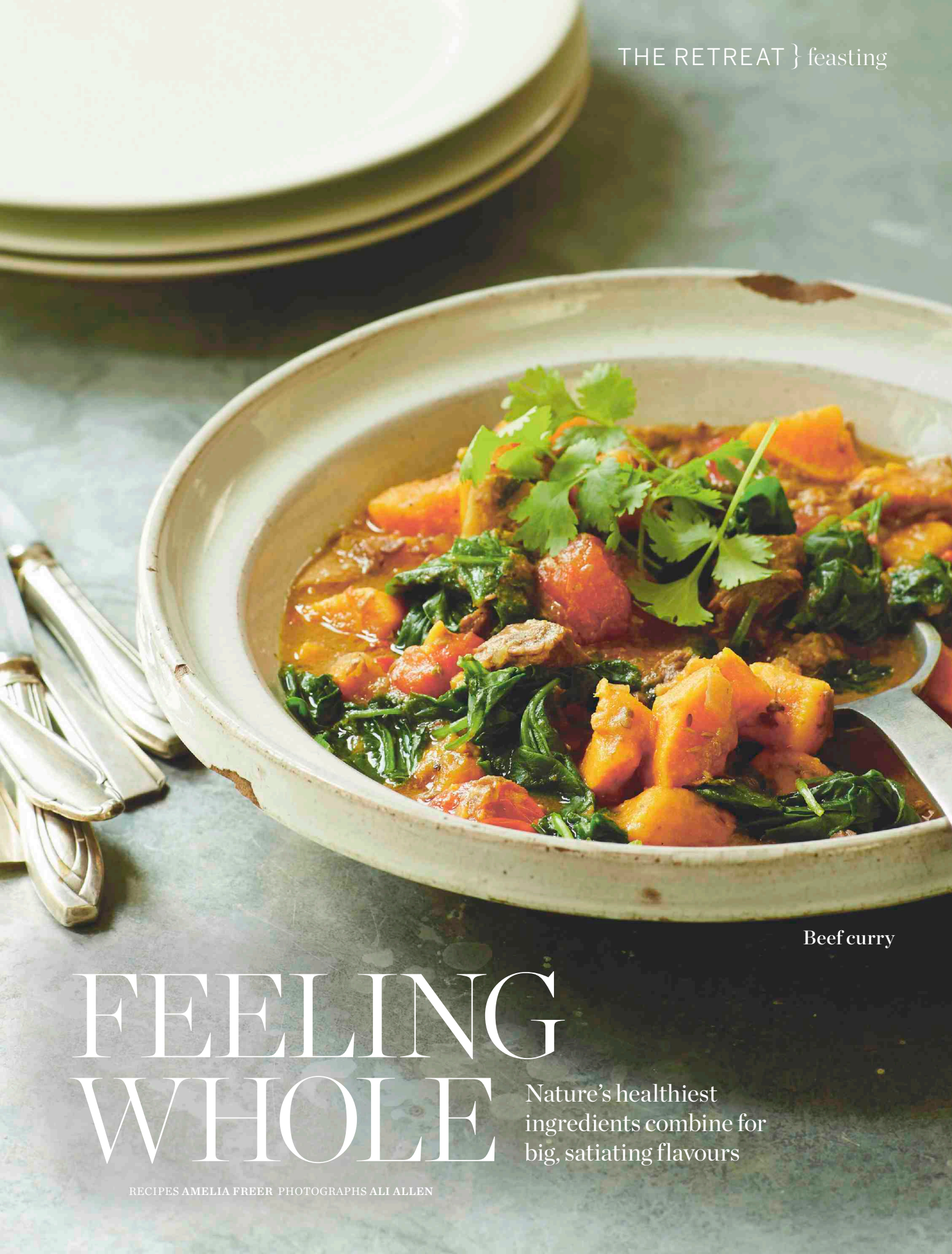
SOFA IN JEFFERY ROSE TREE GOLDEN VINTAGE VELVET; CUSHION IN ORCHARD VINTAGE VELVET, BOTH £130 PER METRE. LIBERTY ART FABRICS INTERIORS. FOR STOCKISTS, SEE PAGE 140





Almond,  
apricot and  
rose 'yogurt'



A close-up photograph of a rustic, light-colored ceramic bowl filled with a hearty beef curry. The dish features large, orange-baked sweet potato chunks, tender beef pieces, and wilted green spinach leaves. It is garnished with fresh green cilantro leaves. The bowl sits on a dark, textured surface. In the background, a stack of white plates is visible, and to the left, a silver fork and knife are laid out. The lighting is warm and natural, highlighting the textures of the food.

THE RETREAT } feasting

Beef curry

# FEELING WHOLE

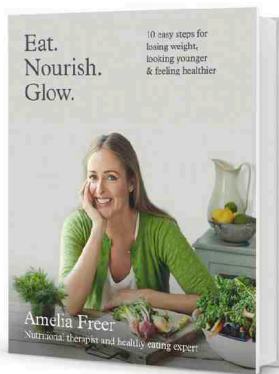
Nature's healthiest  
ingredients combine for  
big, satiating flavours

RECIPES AMELIA FREER PHOTOGRAPHS ALI ALLEN



>>> **T**he first book from nutritionist Amelia Freer – who runs a thriving practice and food delivery service – is an ode to the healing power of fresh, unsullied food. The small recipe section (from which we've extracted these delicious sweet and savoury dishes), is driven by big, satiating flavours that are also wholly, deeply nourishing. Gluten and sugar have no place in *Eat. Nourish. Glow: 10 Easy Steps For Losing Weight, Looking Younger & Feeling Healthier*.

With seven years of clinical experience as a qualified nutritional therapist, Freer backs up the advice in her book with robust studies, personal insight and a measured approach. But her recipes are not about restriction, as she herself attests: 'nutrition is not low fat. It's not low calorie. It's not being hungry and feeling deprived. It's nourishing your body with real, whole foods so that you are consistently satisfied and energised.' Amen to that.



***Eat. Nourish. Glow: 10 Easy Steps For Losing Weight, Looking Younger & Feeling Healthier* by Amelia Freer (Harper Thorsons, £16.99) is out now. Psychologies readers can buy the book for the special price of £12.99\*, with free UK p&p, by calling 0870 787 1724 and quoting reference 'Dept 870B'.**

## RAW CHOCOLATE MARSHMALLOWS

**These marshmallows are a revelation. They have a gelatine protein boost that's great for your gut, plus a chocolate hit to heighten the feel-good factor.**

**PREP TIME:** 15 minutes

**SET TIME:** 2 hours

**MAKES 16 MARSHMALLOWS**

- 3 tbsp grass-fed gelatine powder (available online)
- 250ml filtered water
- 125ml coconut nectar
- 1 tsp vanilla extract
- ¼ tsp sea salt
- Raw cacao powder, to serve

**STEP ONE** Line a 20 x 20cm baking tin with parchment paper lengthways and then, using another piece, line widthways, ensuring there is enough parchment paper overhanging the sides to cover the marshmallows.

**STEP TWO** Put the gelatine and 125ml water in a freestanding mixer; mix until gelatine is soft.

**STEP THREE** Pour the remaining water into a saucepan along with the coconut nectar, vanilla and salt and bring the mixture to the boil. Boil the mixture for about 7-8 minutes, then immediately remove from the heat.

**STEP FOUR** Turn your mixer to low (or use a hand-held whisk if it is too powerful), and slowly pour the coconut nectar mixture into the bowl combining it with the soft gelatine.

**STEP FIVE** Turn the mixer to high and continue beating for about 10 minutes, or until the mixture becomes thick like marshmallow creme. Turn off the mixer and transfer the marshmallow creme to the prepared tin. Smooth the top and then press it down with parchment paper. Leave until the marshmallow is completely set.

**STEP SIX** Cut marshmallows into small cubes, and dust with raw cacao powder to serve.

>>>





Raw chocolate  
marshmallows



>>>



### ALMOND, APRICOT AND ROSE 'YOGURT'

Almonds and apricots used to be my favourite snack as they go so well together, so I thought why not blend them and see what happens? The result is a yummy, zingy, creamy combination that feels like a dessert. I have also added a little rose water, which works perfectly as a delicious breakfast alternative to a sugary yogurt.

**PREP TIME:** 5 minutes

**SOAK TIME:** 30 minutes or overnight

**SERVES 2**

- 150g almonds
- 5 dried apricots
- 2 cardamom seeds
- ½ tsp rose water
- 1 tbsp unflavoured coconut oil
- 250ml coconut milk
- 2 fresh apricots, stoned and cut into quarters
- Flaked almonds, for sprinkling

**STEP ONE** Soak the almonds in a bowl of cold water for 30 minutes, or overnight. In another bowl, soak the apricots, cardamom and rose water, also for 30 minutes, or overnight.

**STEP TWO** When ready to serve, drain all the soaked ingredients, put into a blender, add the coconut oil and milk, then blend until it is a creamy texture. Divide the mixture evenly between two jars or glasses, and top with the fresh apricots and a sprinkling of flaked almonds.

**STEP THREE** Put in the fridge and serve chilled.



### BEEF CURRY

I make this curry in my slow cooker but it works just as well in a casserole. I love melt-in-the-mouth, tender meat, so the slow cooker is ideal for this. It's so easy but feels like a really delicious, hearty meal – great for a Friday night with friends. Everyone always thinks they need rice or bread with a curry, but I add in lots of vegetables, so it's more than enough on its own. I sometimes serve it with cauliflower rice (rice made from grated cauliflower), which also works well.

**PREP TIME:** 10-15 minutes

**COOK TIME:** 5 hours 20 minutes with a slow cooker, or 3 hours, if using a conventional oven

**SERVES 2**

- 410g organic stewing steak, cut into cubes
- 2 x 400g tins organic coconut milk
- 1 large onion, peeled and diced
- 2 garlic cloves, kept whole (to remove at the end)
- 3cm cube of fresh ginger, peeled and cut into thin slices
- 2 small red chillies, finely sliced (I keep the seeds in as I like the heat, but remove them if you prefer a milder version)
- 3 star anise
- 2 tbsp ground cumin
- 2 tbsp ground coriander
- 250ml fresh beef or chicken stock or water
- 2 sweet potatoes, peeled and cut into bite-sized chunks
- 10 cherry tomatoes
- 40g spinach
- 1 tbsp fish sauce
- Sea salt and freshly ground black pepper
- Fresh coriander, to serve

**STEP ONE** Put all the ingredients, except the sweet potatoes, tomatoes, spinach and fish sauce, into the slow cooker or your casserole dish. Stir and add a generous pinch of salt and pepper. Set the slow cooker to high, cover with the lid and leave to cook for 5 hours. Alternatively, set the slow cooker to low and leave to cook overnight. If using a conventional oven, set the temperature to 150°C and cook for 2 hours and 40 minutes.

**STEP TWO** Before serving, add the sweet potatoes, tomatoes and fish sauce and cook for a further 20 minutes in your slow cooker or oven, then stir in the spinach.

**STEP THREE** Sprinkle the coriander over the top and serve.

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The main tablet displays the February 2015 issue of *Psychologies* featuring Emma Stone. The headline reads 'Make it happen: 6 simple changes for your best year yet'. Other headlines include 'On creativity, challenges, and courage', 'Men on SEX: "I still lust after other women"', 'IS BOOZE BRINGING YOU DOWN? Take our 28-day trial', and 'Be happier in 2015'. A sidebar mentions '18-PAGE SPECIAL'. The smartphone shows a 'Simplify your life' feature. The smaller tablet shows 'The key to happiness' with a silhouette of a person on a swing.

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# TABLE MATTERS

Head chef of Polpetto in Soho, Florence Knight reveals how she sustains her energy while working in one of London's busiest kitchens



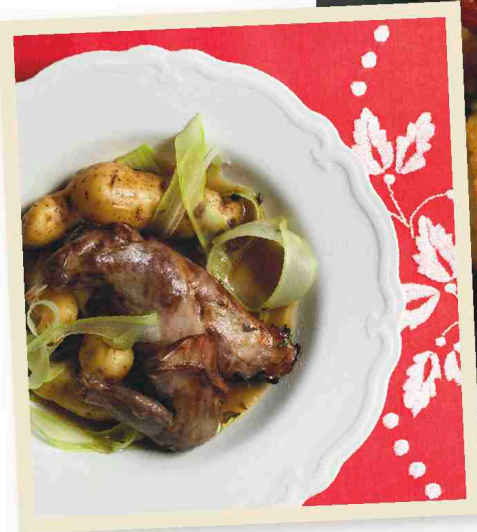
A celebrator of great ingredients, powerful flavour and inventive pairings, as showcased in her first cookbook *ONE: A Cook And Her Cupboard* (Salt Yard Book Co, £26), Florence Knight (who is still shy of her 30th birthday), has forged a hugely successful career, inspired by childhood memories of her mother's larder. Now, in a continually busy kitchen, she grazes as she works.

'I often go for a few days without sitting down to a proper meal. I prefer to pick my way through the day with a nibble of charcuterie, a piece of thick sliced brown bread with honey, a bowl of simply dressed leaves. Sharing several small plates laid on the table is how I dine at home and also how we encourage people to order at Polpetto – it's a wholly satisfying way to eat.'

## SUNDAY

As I knew I was having a rare Sunday off, I decided to make poached rabbit in olive oil with Pink Fir potatoes (right) – it brings back happy memories of early spring days, working on new ingredients and ideas. The rabbit needs to be marinated for at least six hours, so I decided to do it the night before and marinated it with garlic, lemon and oregano. Roasted for three hours and then rested, it's served with generous spoonfuls of Pink Fir potatoes cooked in chicken stock, lemon and thyme with celery ribbons, olives and broth.

*Rabbit with celery ribbons makes a tasty and lean Sunday lunch*



## MONDAY

Maple tart is one of our signature dishes at Polpetto. The pastry may take a bit of practice, but it is especially crumbly and well worth the perseverance to sink your teeth into a forkful topped with comforting maple custard. After a little bowl of porridge this morning, lunch is a thin slice of maple tart before service begins. Supper is very late after service – some leftover rabbit from yesterday.







*Florence's buttered mustard lobster is one of her favourite dishes to make at Polpetto*

## TUESDAY

Baking whole fish in a salt crust is easy for the cook and delectable and impressive for the eater. I start by making a wet sand texture with grey salt and a little water, which creates a salt bed for the sea bream to lie on. Roughly-sliced lemon and fresh oregano sprigs are inserted into the fish's cavity, then it's covered with the remaining salt and baked in the oven. Delicious as lunch with a little butter lettuce and watercress aioli.



*Lunch is sea bream baked in a salt crust, stuffed with lemon and oregano*

## WEDNESDAY

Lunch is a poached egg on a bed of spiced chickpeas with Swiss chard (right) – wholesome eating at its best. Then I lightly poach some rhubarb – I like to serve it alongside a wobbly milk pudding. After cleaning and cutting the rhubarb sticks into one-inch pieces, I poach them in a simple sugar syrup covered with tin foil in the oven for only a few minutes, until tender. I set some aside for breakfast tomorrow.

## THURSDAY

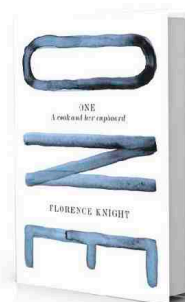
I have a slight obsession with pinhead oat porridge, and soaking the steel-cut little grains as my last task of the day has become something of a routine. For breakfast, I have pinhead oat porridge topped with a few pieces of the rhubarb poached yesterday, and wholemeal toast spread with butter and jam. Lunch is simple and light: ribbons of asparagus with pea shoots and brown shrimp and later, I pick at buttered mustard lobster (left).



*Florence describes nettle leaves as like 'hairy spinach' – you could substitute them for spinach leaves*

## FRIDAY

Lunch is nettle gnudi at Polpetto; wilted nettles, mixed and whipped with ricotta, nutmeg, lemon zest and parmesan and coated in semolina, before being left overnight in the fridge. They're cooked to order with a spoonful of butter and served with toasted walnuts, lardo and olive oil (above).



Psychologies readers can buy **ONE: A Cook And Her Cupboard** for the special price of £18 (RRP £26) with free UK p&p. Call 01235 827702, quoting ref 'ONE ST'.



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## SWEET SPIRULINA CACAO BALLS

**MAKES APPROXIMATELY 12 INGREDIENTS**

- ½ cup cashews
- 3 tbsp ground flaxseed
- 3 tbsp dark tahini
- 2 tbsp organic spirulina (try Organic Burst)
- 4 dates
- ¼ cup desiccated coconut
- 1 tbsp coconut oil
- 3 tbsp raw cacao powder
- Generous pinch Himalayan salt

**1** Place all the ingredients into a food processor and pulse until well-combined and you have a dough-like texture. Add a tiny amount of water if you need to bind the mixture a little more.  
**2** Remove from the machine and roll into 1-inch diameter balls. They will keep in the fridge for up to one week.

*How to...*



## eat your greens

Eve Kalinik celebrates the benefits of sea vegetables

**A**lgae is not the loveliest-looking foodstuff on earth, but this funky-looking pond scum is beneficial for our health and wellbeing. Edible seaweed has been used for centuries in Asia in the form of *nori* that wraps sushi rolls, and *wakame*, added to miso soup. Seaweed can also be found closer to home in Welsh laverbread, or dulse in Ireland, and The Cornish Seaweed Company boasts products from its local shores. Packed full of nutrients including vitamins A and C and a decent source of calcium, its most potent is the iodine that makes seaweed such a fantastic addition to our diets. We are often low in this important mineral which is crucial for regulating thyroid function, which in turn stabilises metabolic rate, hormone balance and energy levels.

Other trendy blue-green algae is found in the likes of spirulina and chlorella,

known as 'microalgae', that can be used in supplementary form or added into more palatable snacks or smoothies. Microalgae are also an excellent vegan source of omega 3, the anti-inflammatory essential fatty acid, and have powerful antioxidant and chelating abilities, that mean they bind to toxins and help transport them out of the body. Moreover, spirulina is an incredible plant-based protein that is almost three times as easy to absorb by the body as its meat counterparts and, since it contains vitamin B12, it's a good way to supplement this nutrient that is vitally missing if you follow an exclusively plant-based diet. With all algae though, it is imperative that you make sure they are from a clean source – free from toxins, and harvested appropriately.

See my tips (right) on how to bring more sea greens into your world...



## GREEN ENERGY

**SPRUCE UP A SALAD** Sprinkle some Sea Salad, £4.50 from The Cornish Seaweed Company, on top of your usual combination to give it a delicious kick.

**THE SWEET TREAT** Add Organic Burst Spirulina Powder, £11.99 for 100g, into cacao balls (see above) for a sweet take.

**BLEND INTO A SMOOTHIE** Natyura's chlorella is beautiful added into a morning smoothie. Blend ¼ avocado, 1 banana, ½ cup almond or cashew milk and 1 teaspoon of this green machine.

**GREEN EGGS** Add Sea Greens, £4 for 15g, from The Cornish Seaweed Company, to scrambled eggs to boost your brekkie.





A vintage conference table has been given new life as a dining table, surrounded by an eclectic mix of chairs, stools and sofas. The copper pendant lights tie the space together and give it a modern edge



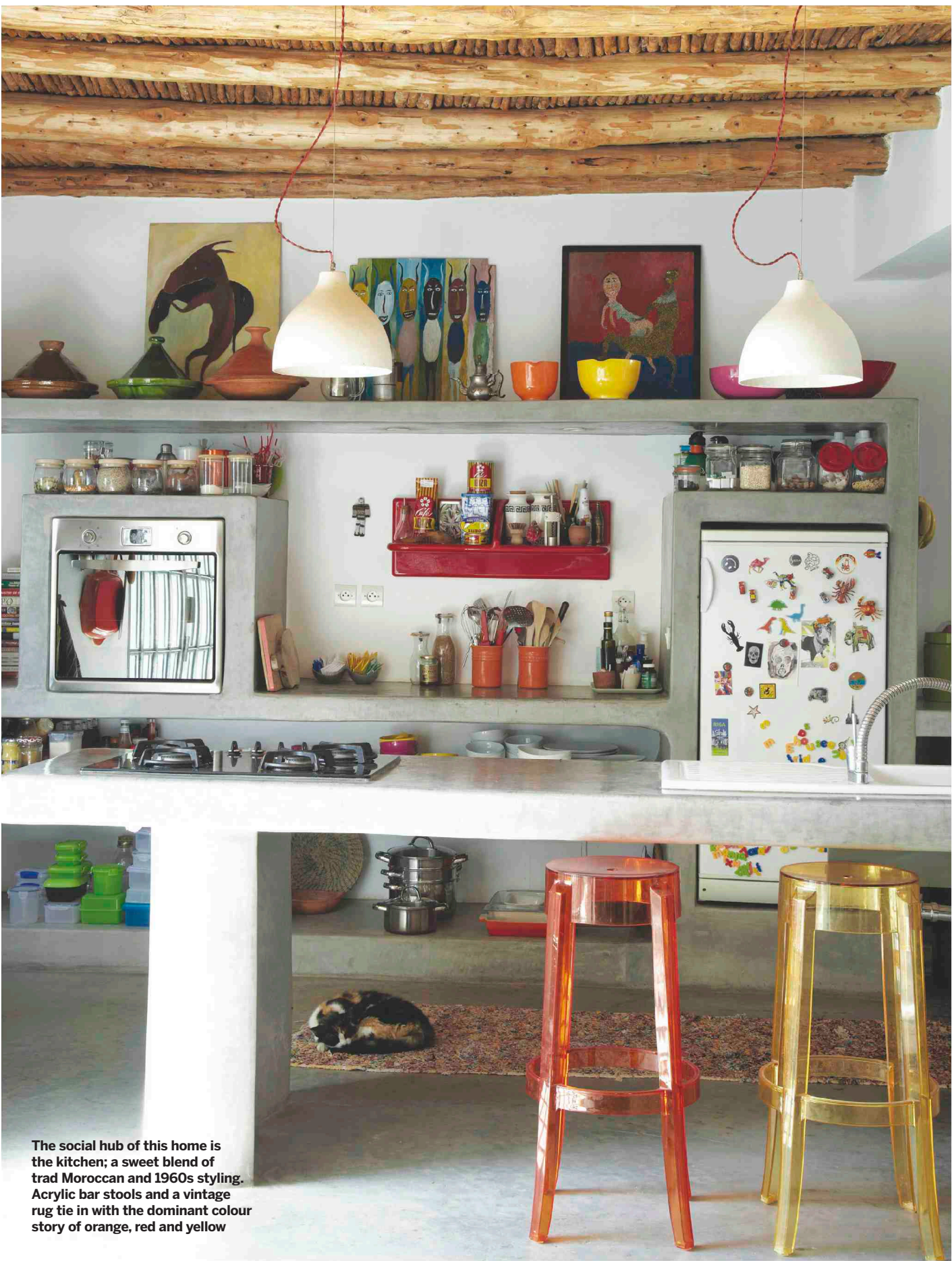
# FREE & EASY

If you dream of a more  
relaxed life, try warming  
things up with a little  
bohemian spirit >>>

EDITED BY LAUREN HADDEN  
PHOTOGRAPHS KATYA DE GRUNWALD







The social hub of this home is the kitchen; a sweet blend of trad Moroccan and 1960s styling. Acrylic bar stools and a vintage rug tie in with the dominant colour story of orange, red and yellow



The myth of the footloose, fancy-free existence of a barefoot, long-haired artist is so appealing, as it's practically unobtainable. But we can tap into that feeling of freedom in our homes, which is what makes an interior with a bohemian feel so popular. We might have to make that meeting in the morning but until then, damn it, we'll warm our feet on a kilim rug and pretend we're in Tangier.

In her new book *Bohemian Modern* (Ryland Peters & Small, £19.99), Emily Henson gathers clever, laid back, colourful ideas from artists and creatives who are, 'free spirits who refuse to follow the rules, choosing instead to make up their own'. Right on.





## THE RETREAT } living

By restricting the colour palette in this bedroom to orange and yellow, various patterns and textures can be successfully mixed while maintaining a sense of calm





Tunisian wool rug, £425, Raj Tent Club



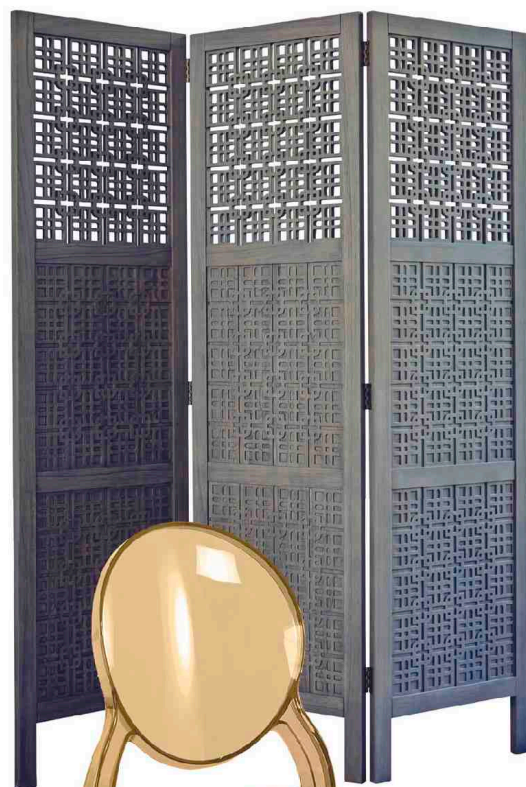
Berber basket, £45, Maud Interiors



Decode heavy pendant, £252, Naked Interiors



Flores three-panel screen, £850, John Lewis



Mini cups, £10 each, Quiirk



Copper bowl, £10, John Lewis



Barcelona teacup, £8.95, Dotcomgiftshop



Rosetta food cover, £10, Habitat



## Offbeat living

The bohemian spirit isn't just about dreamcatchers and macramé. The 21st-century version takes all the best bits – vibrant colour and patterns, lots of greenery in the form of houseplants and fuzzy, friendly boucherouite rugs – and mixes them with modern touches like copper and Perspex. Strong, saturated oranges, reds and yellows work well against a neutral background. Chill out about clashing patterns and add softness with lots of throws, pouffes and, of course, a very good rug.

A true bohemian is forever a searcher, so you may find you are never quite 'finished' with your home. Enjoy the process!

Cleo Elizabeth chair in yellow, £159, Furniture Village



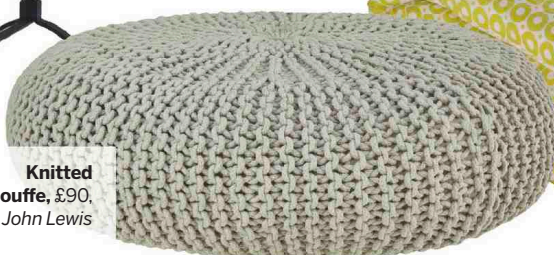
Trestle table, £650, Raj Tent Club



Lundi bedspread, £95, Habitat



Knitted pouffe, £90, John Lewis



Psychologies readers can buy *Bohemian Modern* by Emily Henson (Ryland Peters & Small, £19.99) for the special price of £13.99, including free UK p&p. To order, call 01256 302699, quoting code 'GLR CM6'.

\*OFFER SUBJECT TO AVAILABILITY. FOR STOCKISTS, SEE PAGE 140





# No woman is an ISLAND

With abundant physical and cultural experiences on offer, Greece gives three writers the chance to reclaim their minds, bodies and spirits on some very different escapes...

## Reclaiming the spirit

ALI ROFF BRUSHES UP ON ANCIENT GREEK MYTHS IN ATHENS AND THE GREEK ISLANDS, AND DISCOVERS HER INNER GODDESS

AS I STEPPED out onto the hotel terrace, I faced one of the most grand, imposing and unique city skylines I had ever seen. There, looking watchfully over the city of Athens, was the Acropolis; my introduction to the history that this city's foundations are literally built on. Walk around Athens and you'll come across many reminders of ancient Greece – all around are old city walls and buildings, excavated with a kind of uniformity as the new Athens is built on top of it, with 11th-century churches still standing among the restaurant terraces and shiny new buildings. From food markets to flea

markets, I ambled around Athens with a tour guide, stumbling over history wherever we went. Early on in the tour, we came across a bronze statue of an ancient Amazon – a female warrior, arrows propped under her arm ready for battle. The feminist in me roared an inner war chant, excited to find this ancient example of female empowerment. We walked on to the Academy of Athens, where marble statues of philosophers Socrates and Plato welcome you as you approach, and Apollo and Athena stand proudly on columns, towering majestically above. It was Athena's story that really >>>





>>> grabbed my attention; her birth is illustrated on the pediment of the building itself. Zeus gave birth to her from his head and Athena was born the goddess of wisdom and military victory, heroic endeavour, courage, inspiration, justice, mathematics, strength, strategy and the arts. An impressive all-rounder!

These myths tell something of the ancient Greeks. It may not have been a matriarchal society, but their ability to see women as something other than feminine wallflowers is inspiring. They celebrated female power, strength and ferocity, as well as their beauty – the opposite of many gender stereotypes we hold today.

In search of more Greek history, we travelled to the beautiful island of Mykonos (a 40-minute flight away). It was almost unbelievable to have shifted from the grandeur and bustle of the city to a restful, serene, beach-chic atmosphere, all in a long weekend. We hopped on a boat to the uninhabited island of Delos, historically, archaeologically and mythologically one of the most important sites in Greece, and supposed birthplace

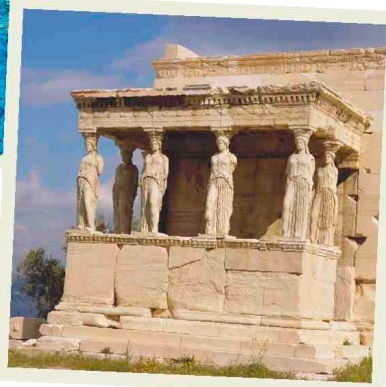
“The Greek myths celebrated female power, strength and ferocity, as well as their beauty”

of Apollo. Once a hub of trade and finance, covered top-to-toe in marble statues and temples, it is an eerie yet fascinating place. A tour guide is a must here – I was hooked by the legends, told with such vigour and enthusiasm. Back at the hotel, I soaked up the last sunrays of the weekend, drawing their warmth onto my skin. I closed my eyes and thought about Athena, strong and wise. A few days away from the humdrum of home and I had explored a city, found ancient Greece and indulged in the serenity of island life. But more than that, I had rediscovered my inner goddess; the wise and courageous one, the one who is strong and artistic, strategic and skilled. I took her home with me.

**ATHENS:** Stay at King George, a Luxury Collection Hotel. Rooms from €235 per night, room-only, including taxes. Eat at Giouvetsakia in the Plaka district. **MYKONOS:** Stay at Santa Marina, a Luxury Collection Resort. Rooms from €369 per night, including breakfast and taxes. Eat at Kalita. Go to [starwoodhotels.com](http://starwoodhotels.com)



ABOVE: The view from the penthouse suite at the King George hotel in Athens  
RIGHT: Statues of six maidens in the Acropolis, Athens



## Focusing on the body

KATE WILLIS DISCONNECTS FROM HER DIGITAL LIFE ON SILVER ISLAND

‘HABIT IS A great deadener,’ wrote Samuel Beckett, which is why holidays give us such a lease of life. Out of our usual routine, it’s easy to believe we will carry on swimming every day, eating well or reading more. But my good intentions generally last as long as my tan. Before I’ve even got back to normal, the grind gets me down and my resolutions seem as achievable as wearing my kaftan to do the weekly shop. That’s why I hoped that spending seven days on Silver Island – a tiny island in the north-west Aegean sea with no wifi, barely any phone reception and no electricity after 10pm – would cure me of my constant need to stay ‘connected’ to others, and help me become better connected to myself through the medium of yoga.

It’s only on the speedboat when we leave the Greek fishing town of Evia that I realise how marooned I’ll be. I reassure



Expect beautiful sunsets on Silver Island. TOP RIGHT: The days start and end with two-hour yoga sessions. RIGHT: An aerial view of Silver Island



“Without my phone to rely on, I actually had to – shock, horror – make conversation”



myself that I'm here to do yoga, and I'll be fine not Instagram-ing every meal. Stepping onto the craggy shore was like stumbling onto a desert island paradise, complete with olive trees, wild flowers, two spartan, white-washed villas and even a tiny 19th-century church.

Lissa Christie, who inherited Silver Island seven years ago with her sister Claire, used to be the creative director of Bestival and two years ago, she roped in her team to help convert the overgrown wilderness into a yoga retreat. Her artistic flair and attention to detail is everywhere – from the tiny shell mobiles hanging in my room to the beautifully restored retro sun-loungers. It is rustic – don't expect power showers or fresh towels every day – but what you lose in five-star luxury is more than made up for in thoughtful touches like your own personalised water bottle and organic Korres products in the bathrooms. Rooms are shared but spacious enough to maintain your privacy and, if you feel like some alone-time, well, there's a whole island to explore.

As a group of just 10, all of us solo travellers of mixed nationalities, ages

and genders, we quickly got to know each other. Without my phone to rely on as a social crutch (I always get it out when I'm feeling awkward around new people), I actually had to – shock horror – make conversation. And luckily, there's nothing like buddy-ing up to try out your triangle pose to bring people together. Our yoga instructor, Rebecca Halls, was able to challenge the entire group, despite mixed abilities, and to bring everyone on in their practice. With two hours of yoga at sunrise and another two hours at dusk, we had the time to go in-depth and break down basic poses like downward dog and also experiment with more advanced techniques such as pranayama breathing. On day four, I actually did a headstand (with a lot of help!), a pose that previously I'd only been able to do in my super-bendy dreams.

I quickly adjusted to island life. By day two, daytime naps were *de rigueur* and I was shocked at how little I missed my phone. One day, I hiked to an old lighthouse then spent the afternoon sitting on the homemade swing, painting with watercolours with equipment from

Lissa's well-stocked art cupboard. Not exactly the kind of thing my life back home has much room for. The bliss of stumbling across your very own beach, with not so much as another soul to rub sun-cream on your back, never got old.

Meal times were a sociable affair. Breakfast was granola (homemade by Lissa), gluten-free banana pancakes, fresh fruit, natural yogurt and local honey. Evenings were spent drinking wine (everything in moderation here!) around a fire-pit, then sitting down for a candle-lit, family-style supper of delicious vegetarian feasts.

By the week's end, I felt completely restored. My shoulders were about six inches lower, and for once I felt like I'd really had a break. I realised what a waste of time it is to keep checking my phone religiously. I've been back a few months now and use my phone about half as much as I used to. And in place of my digital dependence, I feel a lot more connected with myself, and the not-so-digital people in my life.

**Six nights full board plus transfers, four hours of yoga classes per day and activities, costs from £1,100. See [silverislandyoga.com](http://silverislandyoga.com) >>>**





The beautiful Costa Navarino resort is the location for the philosophical walks

“It took a remote, sun-drenched location to bring my passion flooding back”

## Awakening the mind

THE GREEK REGION OF MESSINIA INSPIRED WRITER VIOLA LEVY TO RESUME HER PHILOSOPHY STUDIES



>>> AS A PHILOSOPHY student at university, I used to enjoy lofty discussions into the early hours. But in the years following my graduation, my enthusiasm had been eroded somewhat – a busy career preventing me from being able to contemplate anything except meeting my next deadline or paying my rent. It took a remote sun-drenched location, with the demands of everyday life left thousands of miles away, to bring my passion for the subject flooding back.

Socrates himself might have been happy to partake in the philosophical walks offered by the idyllic Greek resort of Costa Navarino in the south-west Peloponnese. These walks are the perfect opportunity to give your brain a workout and are an enriching alternative to merely snoozing on a sun lounger (although Costa Navarino has plenty of those, should you feel the urge).

The Westin Resort, where I stayed, is a dream to stroll around, with its sprawling greenery and plush majestic decor of sculptures and art works, including

Peloponnese heirlooms. My room was filled with wooden furnishings and local artwork and I caught views of the Ionian Sea while taking a morning dip in the room's infinity pool, looking forward to the mind-altering thinking to come.

Taking place in the pleasant coolness of early evening, our walk was led by university lecturer Eleni Volonaki of the University of the Peloponnese, Kalamata. She invited us to discuss modern-day issues in the context of ancient Greek thought; past topics of discussion have included 'Socrates on madness and love', 'Plato on the physical universe' and 'Euripides on democracy'.

We trailed through the idyllic countryside to the sound of chirping crickets and long grass brushing against our legs. Our discussion focused on whether having a healthy mind is dependent on a healthy body; a notion taken from the writings of philosopher Thales of Miletus and very much in keeping with the ancient Greeks' devotion to sports and physical exercise.

In the past, I had toyed with the idea of going back to pursue philosophy, but wasn't sure I could face being a student again. Our walk made me realise that what I loved most about studying philosophy was the opportunity to discuss our existence as human beings and feel a closer connection with others in the process. I often fear inviting bemused looks if I bring these subjects up in everyday conversations. Yet, hearing the way my companions passionately voiced their opinions, clearly enjoying themselves, certainly made me think again. Back home, I decided to sign up for a part-time MA, with classes in the evenings and although I'm now manically busy, I feel like a missing piece of my life has been filled.

**Infinity Rooms at The Westin Resort, Costa Navarino, start from €220 per night. For more information, see [westincostanavarino.com](http://westincostanavarino.com) and [costanavarino.com](http://costanavarino.com). The price for a guest to join a philosophical walk is €30 per person. Aegean Airlines offers flights from London Heathrow, Birmingham and Manchester to Athens, see [aegeanair.com](http://aegeanair.com).**



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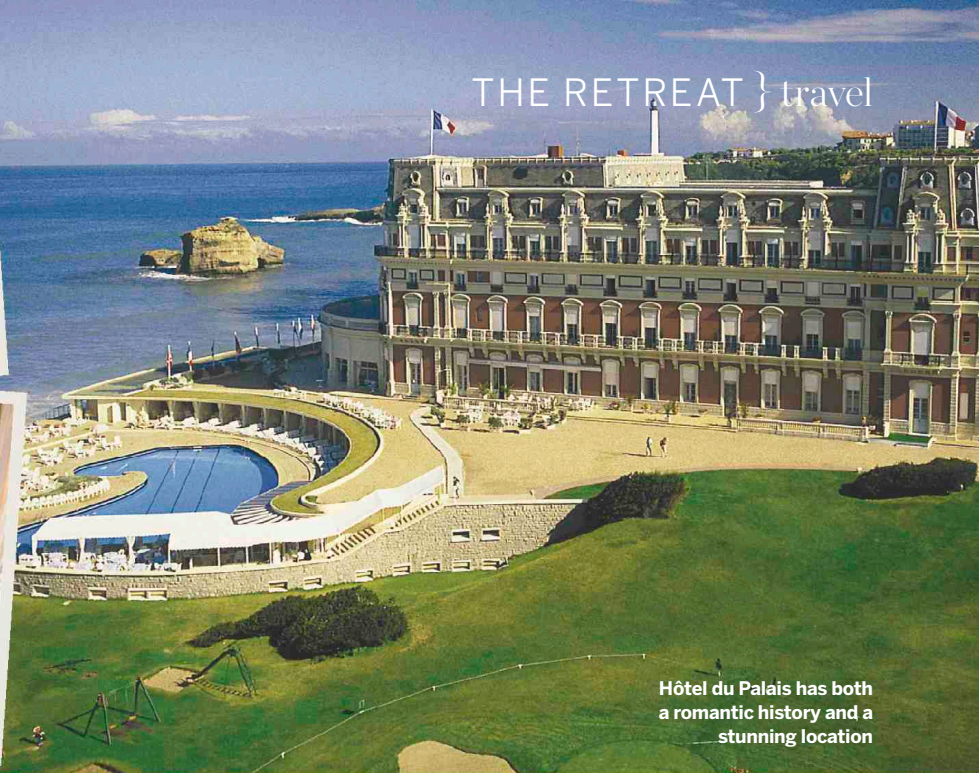
Registered Charity Nos: Breast Cancer Care: 1017658/SC038104, Jo's Cervical Cancer Trust: 1133542/SC041236, Ovarian Cancer Action: 1109743/ SC043478. Women V Cancer is established under the Charities Aid Foundation Charity No. 268369. To take part you need to pay a registration fee of £299 and raise minimum sponsorship funds of £3,200.



dreamchallenges







THE RETREAT } travel

Hôtel du Palais has both a romantic history and a stunning location

*Just for the weekend...*

# Live like a queen

A trip to the beautiful French town of Biarritz for a wedding reignited Amerley Ollennu's faith in the power of love

AS I ENTERED the Hôtel du Palais, I suddenly utilised the walking-with-a-book-on-your-head move from years ago at school. After all, it was the home of Empress Eugénie, wife of Napoléon III. Legend has it Eugénie wanted to live in her Spanish homeland after they married, but how could the Emperor of France run one country from another? This scarlet and cream-coloured seaside 'villa' in the beautiful town of Biarritz near the Spanish border was his solution. That's the kind of grand gesture modern men just don't make, I thought (ignoring sheer cost of said gesture).

I'd headed to Biarritz to bear witness to another love story, a friend's marriage. Surrounded by happy couples and the romantic history of the hotel, I couldn't help but thaw when it came to my state of pessimism on love. I'd long held the opinion that finding The One

wasn't going to happen, so my focus had been directed towards fulfilment in other areas, such as work. But the hotel's hallways are lined with pictures of royalty, Hollywood starlets, and one of my fashion heroes – Coco Chanel – all previous visitors. To know these strong, successful women had graced the halls I walked down, dined in the sumptuous La Rotonde restaurant and perhaps even relaxed in the spa where I enjoyed a Guerlain massage, was an inspiration.

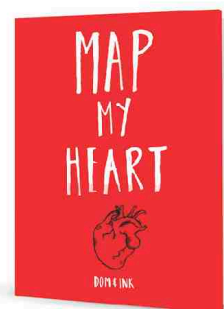
This trip made me realise I was operating from a place of fear. And having the chance to relax in such surroundings close to the sea and be inspired by strong women past and present, made me see that to operate from a place of love would leave me much happier. The Imperial package costs €555 per night based on two sharing a double room, including breakfast, one lunch or dinner (excluding drinks), access to the spa and taxes, hotel-du-palais.com



Liberty  
Rohka silk  
scarf, £180

## TAKE HEART

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FOR STOCKISTS, SEE PAGE 140

TRULY GET AWAY AT THE FOUR SEASONS, HAMPSHIRE BY BOOKING A DIGITAL DETOX DAY RETREAT THIS MARCH [FOURSEASONS.COM](http://FOURSEASONS.COM)



# Stockists

Find out where to buy the products featured in this month's issue

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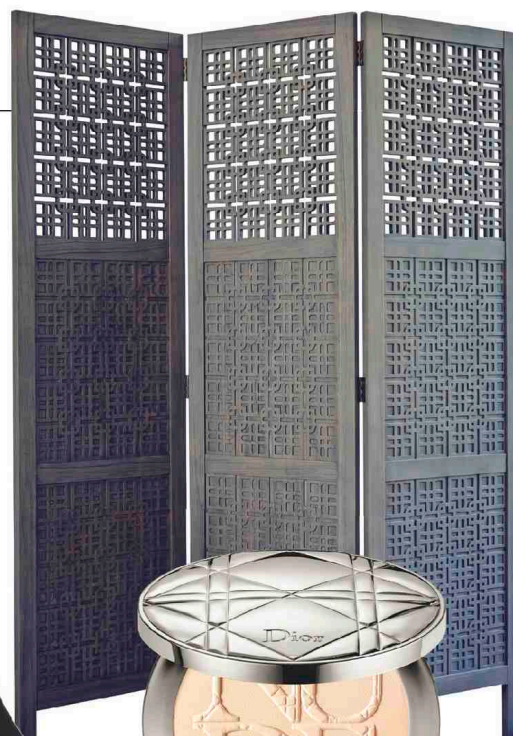
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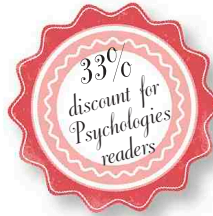


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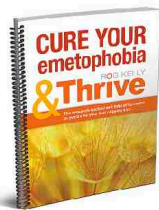
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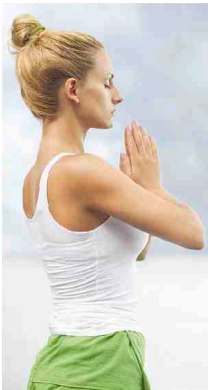
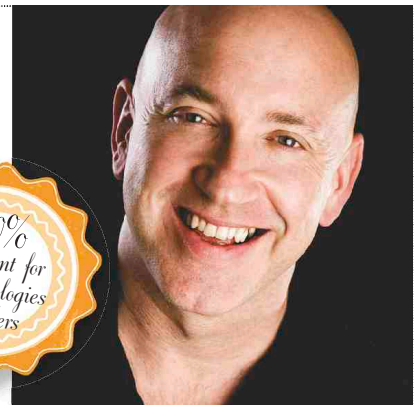
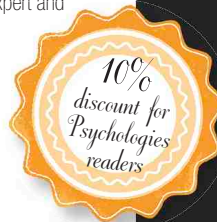
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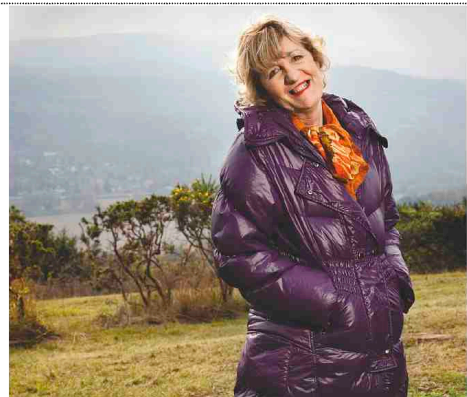
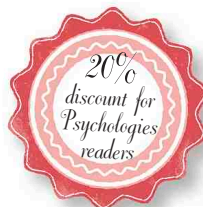
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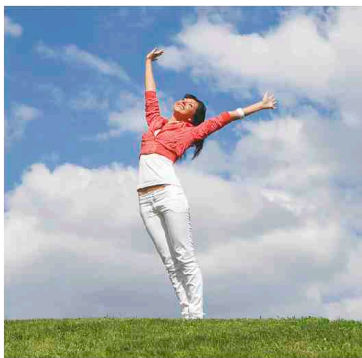
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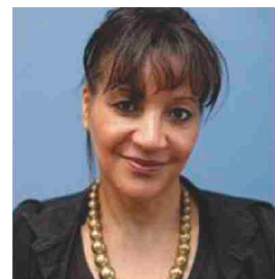
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# Old-fashioned improvement



RECENTLY, I EMBARKED on an improvement plan. I'm improving my waist, inspired by a pair of trousers that, seemingly overnight, had transformed into a corset. Once I had peeled them off, I cautiously approached some other nice trousers in the wardrobe only to discover that they too had, similarly, shrunk.

The nice trousers are part of what I call my 'London clothes', which only emerge when I have to look smart. Obviously, given their tiny new dimensions, this is happening less and less. What were face-to-face encounters have been replaced by emails, and nobody in their right mind gets dressed up in a suit in order to have a meeting with a laptop. At least, I don't, but nor do I wander around in a comfy onesie. Even the word makes me gag and besides, my daughter told me that if I ever allow one near my body, she would have to kill me.

In the seaside town where I live, the usual style is a Breton striped top, hoodie and a pair of jeans. Turning up at the pub in snappy tailoring would be regarded as faintly mad or, at least, eccentric. A London friend who occasionally takes a jaunt to the coast is always careful to explain that she has 'dressed down'. That means wearing a pair of flat shoes instead of vertiginous heels. Given that our beaches are shingle, this makes a bizarre sort of sense.

Anyway, I'm not one to be defeated by a pair of trousers, but I don't like the word 'diet'. As soon as I hear it, I think someone has gone temporarily insane. They shriek when a carb comes near them, and sigh over forbidden sugar. Diets are astonishingly

*loud*. They require so much conversation that there are times when, having demolished the bread basket, I would happily eat my own head.

Have I ever done the 5:2 diet? Nope. Until you mentioned it, I hadn't even heard of it. Shouts of 'It's marvellous!' (See? *Loud*) followed by confusing lectures about science and nutrition. If I hadn't already eaten my own head, it would be spinning. Then there's the Paleo diet. Eat like a caveman. Um, that would mean clubbing my perfectly nice cauliflower cheese over the head.

Yes, I very much want everyone to be happy, and if nuts and seeds or fasting do it for you, well, wonderful. Just, don't tell me about it, particularly over lunch, which, please note, you've cancelled twice because you suddenly remembered it was a fasting day.

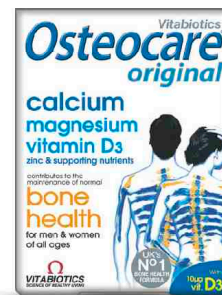
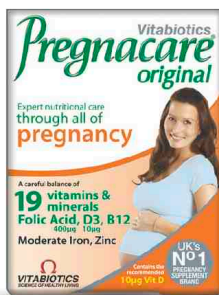
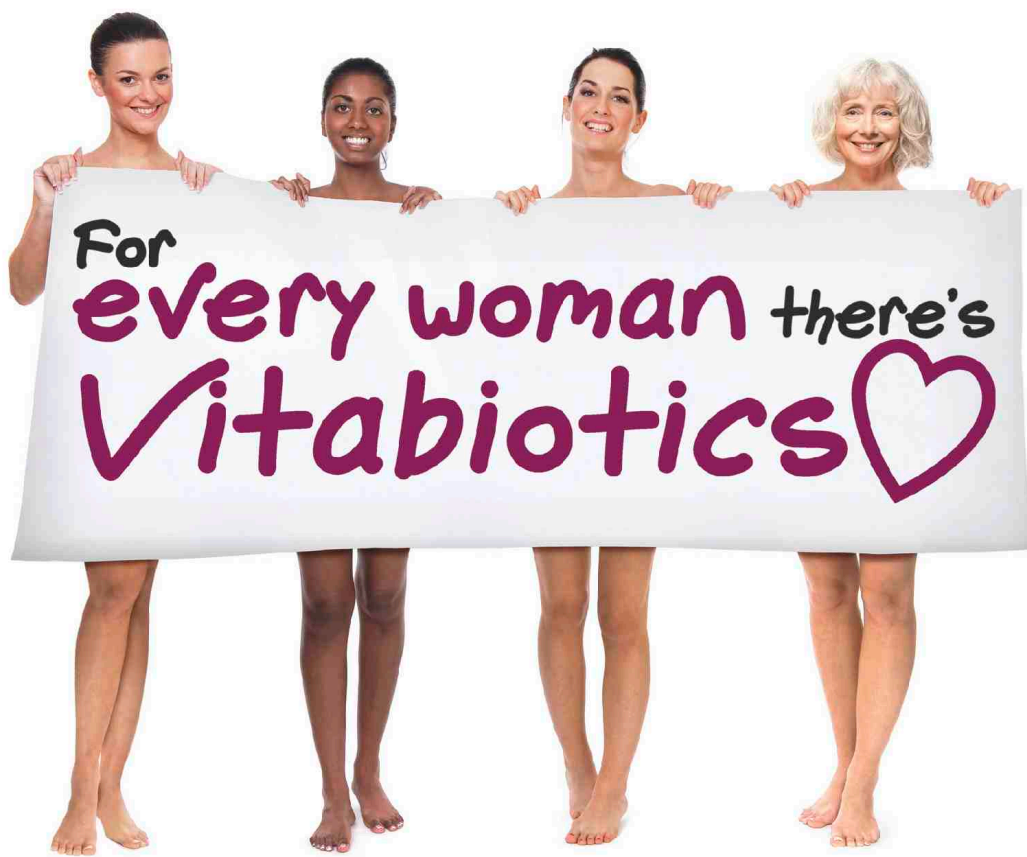
I was vegetarian for a while and, one evening, when having dinner in Paris, I told the waitress I didn't eat meat or fish. She rolled her eyes and said, with one of those contemptuous Gallic shrugs, "Then why did you come out to dinner?" Brilliant. Put up and shut up.

Anyway, back to my trousers, which must fit as there's a look-snappy meeting in London coming up where dressing like a sailor might not go down so well. So here's my improvement plan, based on simple maths which, as my accountant will tell you, is all I can manage. It requires no other explanation than

calories in equals calories out. 'Aha!' said a friend who noticed I'd trimmed down, 'the old-fashioned way'. Call me old-fashioned, but I do believe in keeping your mouth shut when you're eating. It's only polite.

*Sally Brampton is a journalist, agony aunt, and author of 'Shoot The Damn Dog: A Memoir Of Depression' (Bloomsbury, £7.99)*

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